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A YEAR AGO, IN AUGUST 2013, WE PRODUCED the first issue of Allrecipes magazine. While we still feel pretty darn good about the stories and articles that were in it, **we also now smile to think of how far we've come since then.**

That first issue is what we thought Allrecipes magazine *could* be; now, thanks to you, the Allrecipes community, we have a far better sense of what it *should* be. We've spent the past year listening to you: your recipe comments, your conversations in The Buzz (armagazine.com/the-buzz), your posts on Facebook and Twitter, your recipe photos on the site as well as on Instagram (see below!) and Pinterest, and your feedback in our mailbox (feedback@allrecipes.com—keep it coming!). **Thank you, in particular, to the Allrecipes Allstars—those 100-plus most-active and engaged members of the site—who had some really helpful and constructive advice for us** (to learn more about being an Allstar, go to armagazine.com/allstars). We've changed and adapted our pages accordingly, because this is *your* magazine—we couldn't make it without you!

So we've decided you deserve a place of honor...on the cover of our magazine! Moving forward, **every month we'll feature a selection of community members across the top of our cover;** and with 11 million members and counting, we've got plenty of smiling faces to choose from. **If your profile doesn't have a photo, make sure you add one (or update your current picture) for a chance to be on our cover.**

Happy eating!
YOUR ALLRECIPEEPS

AUGUST 2013

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30+
MEAL PLANNING for less stress, MORE FREE TIME
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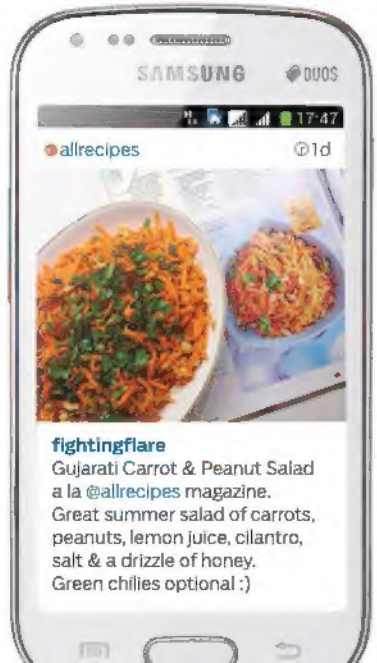
Here's lookin' at you: just a few of the faces from the Allrecipes community.

The Allrecipes staff would like to dedicate this issue to the memory of Jennifer Peterson, our Art Production Manager. Jenn was smart, funny, genuine, and kind—the type of person who made it fun to come to the office even when things got stressful and crazy. She loved the magazine and it showed in her work; we couldn't have launched Allrecipes without her. We will deeply miss her.

This is why we love our readers!

Use the hashtag ***#AllrecipesMag*** *when uploading your pics on Instagram.*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Gujarati Carrot & Peanut Salad a la @allrecipes magazine. Great summer salad of carrots, peanuts, lemon juice, cilantro, salt & a drizzle of honey. Green chilies optional :)

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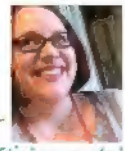
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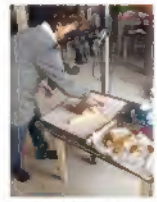
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WHAT YOU CRAVE! * TRENDS * FACTOIDS * FAVES

Glory Days *When's the last time you made creamed tuna on toast? A congealed salad? Nope, we're not joking. Retro recipes are making a comeback—at least judging by a spike in Allrecipes.com searches that include words like "classic" and "old fashioned." In fact, the trend is so strong that every Thursday, Allrecipes' Twitter, Facebook, and Instagram are now buzzing with* ***#tbt*** *("turn back time" or "throwback Thursday"—both work!).*

SOME TOP FAVORITES

Classic Old Fashioned
So classic, it has a glass named after it. Don Draper's go-to drink on *Mad Men* blends whiskey, bitters, sugar, and water, and is garnished with an orange slice and/or maraschino cherry.

Creamed Onions and Peas
A veggie version of Creamed Tuna on Toast, minus the toast. If you're from Minnesota, your grandma probably knows this Norwegian recipe by heart, don't cha know.

Best Tuna Casserole
This cuppa canna (a cup of this, a can of that) combo of tuna, condensed soup, and potato chips peaked in popularity in the 1950s. Many folks around the country still refer to this meal as tuna hotdish.

Carrot Gelatin Salad
Fueled by decades of relentless Jell-O promotion, this carrot-laced concoction had become a potluck staple by the 1950s. Also popular: gelatin recipes with cabbage, celery, and cooked pasta.

Creamed Tuna on Toast
Enough said.

Lemon Chiffon Pie
Sounds better than its early-1900s name, Sissy Pie, right? Other cooks from that era called it Fluff Pie (just saying that makes you feel good).

Orange Sherbet Salad
Channel your inner June Cleaver and use a fancy cake mold to make this combo of orange gelatin, orange sherbet, mandarin oranges, and banana slices.

Chicken à la King
Classic retro comfort food: chopped chicken, mushrooms, green peppers, and pimientos in a rich cream sauce.

Blipp now to get these recipes (blipp details on page 2), or go to armagazine.com/tbt

What's your favorite nostalgic recipe? We'd love to hear your story. Email us at **feedback@allrecipes.com** or use **#AllrecipesMag** and **#tbt** when you upload your pic to Twitter, Facebook, Instagram, Pinterest, or Google+.

Look for **#tbt** images (like this **Salisbury Steak** from Tara) in our feed every Thursday.

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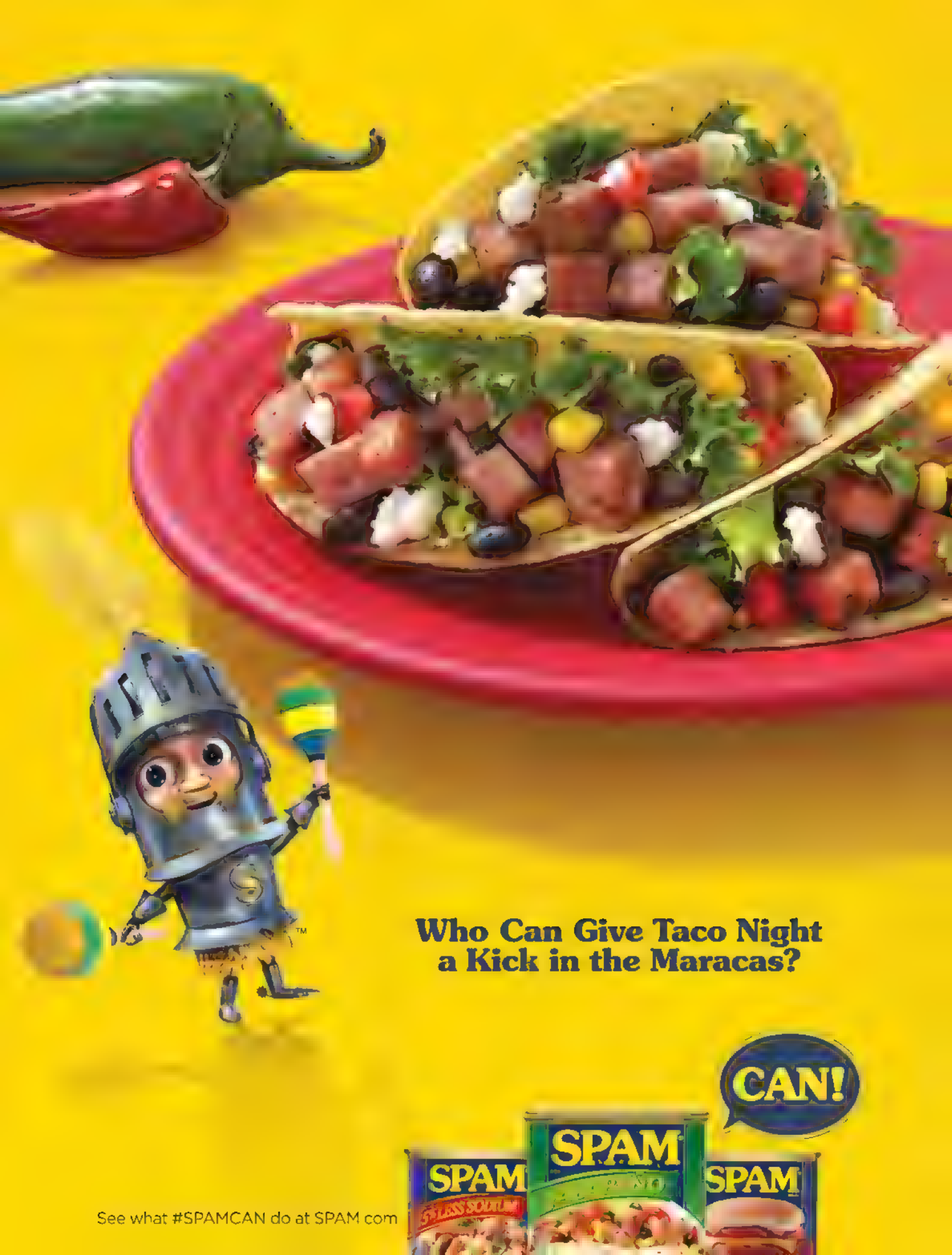
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Kitchen Sink

Tomato Talk

To-MAY-to, to-MAH-to: No matter how you say it, tomatoes are beloved. In the U.S., they even outrank potatoes in popularity, despite all those chips and fries we eat. And really, that's no surprise—when have you ever heard someone rhapsodize about a fresh, ripe, juicy, homegrown potato? —JOSINSF1

1 Tomatoes are rich in lycopene, an antioxidant that's good for the heart and effective against certain cancers. (It's also what makes tomatoes red.) **Cooked tomatoes are better for you than raw ones:** The heat causes more of the antioxidant properties to be released.

2 **Don't store tomatoes in the fridge!** The cold damages their delicate cell membranes, and they become mealy. Instead, leave them at room temperature. Another trick? Put them stem side down to keep them from rotting too quickly.

3 Long thought to be poisonous, **the leaves of tomato plants can actually add a vibrant "fresh-tomato aroma" to pasta sauces,** according to renowned food scientist Harold McGee. He recommends using them like fresh basil.

4 Despite their relatively low sugar content compared to, say, a banana, tomatoes are indeed fruits—just don't tell that to the Supreme Court. To settle a customs case in 1893, the justices unanimously ruled that **tomatoes are, legally speaking, veggies so they could be taxed under customs regulations.**

5 According to the U.S. Department of Agriculture, **Americans eat about 86 pounds of tomatoes per person** each year. (More than half of that is ketchup and tomato sauce.)

6 **Eating cooked tomatoes may act as a kind of internal sunscreen,** according to researchers at the universities of Manchester and Newcastle, England, by helping block UV rays. But don't toss the sunscreen yet. Tomatoes are only a supplement to lotions, not a replacement.

7 Though the definition is open for debate, an "heirloom" tomato typically means a variety that was open-pollinated (non-hybrid, common prior to World War II), with **the seeds passing from gardener to gardener.** Some people grow heirlooms because they like knowing the history of a particular line, others because they feel heritage tomatoes have superior flavor.

8 Tomato is a nightshade vegetable (from the Solanaceae family), a cousin of eggplants, peppers, and potatoes. **The term "nightshade" may have been coined because some of these plants prefer to grow in shady areas, and some flower at night.** Some people think nightshade vegetables are potentially harmful because they're related to the deadly nightshade, an inedible weed (also part of the Solanaceae family) that produces a toxic alkaloid called solanine. You can rest easy: Nightshade vegetables are perfectly safe to eat. They do produce solanine, but in very tiny, harmless quantities.

9 La Tomatina festival (Buñol, Valencia, Spain), held annually on the last Wednesday in August, attracts tens of thousands of visitors. The highlight is the tomato fight, in which **50,000-plus participants throw an estimated 125,000 kilograms of overripe tomatoes (125 metric tons) at each other.**

10 Tomatoes didn't arrive in Italy until the mid-1500s, where **they were originally grown not to eat but for garden decoration.** Pasta sauce as we know it today didn't appear for another 300 years or so.

PHOTO: ANDY LYONS

WHAT *IS* LOCAL?

There's no doubt about it: Eating local is hot. In a survey of more than 1,300 professional chefs, the National Restaurant Association found that "locally sourced meat and seafood" and "locally sourced produce" ranked as the top two restaurant trends for 2014. Among home cooks, interest in local food has soared, with more than 8,000 farmers markets now open across the country, almost double from 2008. Amid all the buzz, there's just one question: What, exactly, does "local" mean?

Even the U.S. Department of Agriculture doesn't have a one-size-fits-all answer. But most markets use a geographic measure of how far the food has traveled from its source to the store. Given that the average food product travels more than 1,200 miles to market, "local" produce is considerably closer to home. According to the definition adopted by Congress in the 2008 Food, Conservation, and Energy Act, the total distance that a product can be transported and still be considered a "locally or regionally produced agricultural food product" is less than 400 miles from its origin, or within the state in which it is produced.

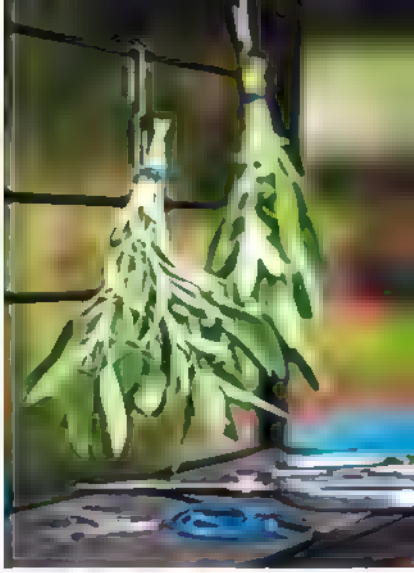
For Whole Foods Market, state lines are the typical criteria, although the chain's website says, "We like to leave it up to our stores" to decide. At farmers markets, such as the New York City Greenmarkets, there's more of a regional focus: Vendors there come from around the Northeast.

How about the megastores? Walmart has made more of a commitment to use local produce (10 percent is now sourced locally) but it doesn't define the "local" region. The Safeway chain sets a cap of 8 hours of travel time for produce to reach the store. Kroger uses the state or regional boundary, and chains such as Albertsons and Shaw's use a store-by-store judgment. So "local," it seems, is in the eye of the beholder.

For some folks, it means a more extreme limit, such as buying from farmers who are barely a couple hours' drive from home. In the end, says Jessica Prentice, co-founder of Three Stone Hearth community kitchen in Berkeley, California, and the person who coined the term "locavore" in 2005, eating locally means eating really fresh food and supporting local farmers economically. "Eating local is more about building relationships."

—JOBINSTL & NANETTE27

SWEET! If you don't celebrate Rosh Hashanah (from sundown on September 24 to nightfall on September 26, 2014), you might not know that it's the Jewish New Year—not so much a time for partying, like the calendar New Year, but a time for spiritual reflection on the past months and looking ahead at the positive changes to come. Since everyone is hoping for a good and sweet new year, traditional Rosh Hashanah foods are no surprise, sweet apples and honey, tzimmes (honey-glazed carrots and prunes), honey cake, apple cake, honeyed chicken, round challah, kugel, and pomegranate (the latter a "new" fruit that hasn't been eaten in the season). Bring some of this sweetness to your own table. Check out over 100 recipes at allrecipes.com/rosh-hashanah.



Hang Time

Got a big bunch of herbs and you used only a tiny bit? Dry them before they go bad! Tie several stems of a single type of herb together with kitchen string to make a small bundle (fat bundles may get moldy before they fully dry out). Hang at room temperature for 24 hours to several days, or until the leaves crumble easily. (Exact timing depends on the kind of herb and its freshness, and the humidity in the room.) To dry basil and mint, which have higher moisture contents, hang the bundle inside a paper bag with snipped vents, and secure the top with a rubber band. Remove the dried herb leaves from stems, and store in airtight containers in a dark place for up to one year. —YUMDAILY

TRUCK PHOTO: ANDY LYONS PHOTOGRAPHY/SHUTTERSTOCK. CHEF: JUPITERIMAGES/THINKSTOCK. PHOTOS: ALLRECIPES COMMUNITY MEMBERS

Have Chef, Will Travel

Remember Travelocity's roaming gnome? Allrecipes has its own version! Community member michel ej posted a photo of her be oved broken kitchen figur ne, Chef Tony, on her b og, and tossed out an idea: "We can start send ng Tony to each other n turns and take photos of h m with our food I know I'm nuts, but thought it might be fun! One rule: He must be home for Christmas." M.chel e added, "The great thing about h m be ng glued together is no one has to worry about break ng h m I'm sending glue and a guest book/ourna a ong w th him The pictures w ll be posted on AR for a.l to see."

Chef Tony traveled from his home in Lawrenceville, Georg a all the way to Seattle, up to Alberta, Canada, and across the continent to Albany, New York! After Chef Tony had one too many fa s, he ret red n 2009 He now resides n the Allrecipes food museum (see the June/Ju y issue for more on that) All that trave ng is hard on an old chef!

Chef Luigi arr ved—courtesy of Allrecipes member Celeste—to take over in 2010. Luigi k cked off his journey in Santa Rosa, Ca fornia, and made his way around the world. He trave ed to New Zealand, to Brit sh Columbia, and to New Jersey, al n year one!

All n a , Lu g enjoyed three years of trave ng, cooking, and blogg ng with Allrecipes members. He wasn't bul etproof, however—he would get banged up in travel ng or in cooking-re ated accidents (by the end, there had been four Chef Lu g s) Everyone loved seeing pictures of him with ocal specia ties—from fish and chips in New Zealand to corned beef in New Jersey—as well as next to tourist sites He finally ret red to Allrecipes' food museum to keep Chef Tony company in June of 2013. He occasiona y makes no se about coming out of retirement, but for now, his traveling days are over. —ALLRECIPESELIZABETH

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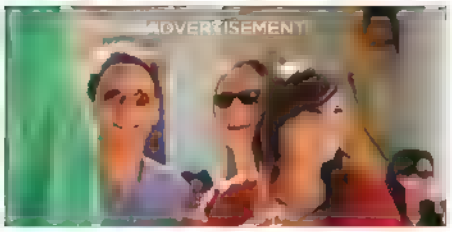

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WHAT'S ON CHEF JOHN'S MIND?

Summer Eating, Inside Out

Sandwiches are a summer staple for obvious reasons, but when was the last time you were truly excited about one? It's usually meat, cheese, bread, and...wake me up when it's over.

So what makes these eggplant sandwiches so special? They're inside out! We're not talking about soggy, insipid slices of eggplant slapped between two pieces of bread, but rather salami and provolone sandwiched between rounds of oven-fried eggplant awesomeness.

You may be thinking, "That sounds great, but they'll be cold by the time we get to our picnic spot." That's another reason these are so good. Long ago, the Italians discovered the joys of eating fried veggies at room temperature. I know this can be an odd concept for our American fast-food addled brains, but it's true. Fried vegetables are delicious long after they've cooled, and some argue they taste even better than when piping hot. I won't get into that debate, since no one can prove anything when it comes to these things (who can attest to another person's taste buds?) but what I will say for sure is that I really hope you give these eggplant sandwiches a try soon.

To see this recipe and its how-to video, go to armagazine.com/inside-out-eggplant-sandwiches

Home Schooled

Most parents like the idea of their kids learning to cook; it's the reality of finding the right recipe and the right moment that gets in the way. Well, opportunity just knocked. Kidstir is like a "food of the month" club, but with cooking projects. There's a welcome kit to start, containing a customizable cookbook binder with chapter dividers, activity pages, kid-friendly recipes, and utensils and/or ingredients. Then, each month, you get a new kit that's designed around a chapter in the cookbook, like Breakfast or Snacks. There are scavenger-hunt shopping lists, games, "foodie" education pages, and more. If only grown-up cooking were equally entertaining. *$19.95 per month, kidstir.com*

CHEF JOHN ILLUSTRATION: KATHRYN RATHKE. EGGPLANT PHOTO: COURTESY OF CHEF JOHN. KIDSTIR PHOTOS: MARTY BALDWIN

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allrecipes

Think *Inside* the Box

Recipes you save in your digital recipe box are ones you make all the time—or ones you want to make soon. That's true for your fellow cooks, too. So the dishes that show up most frequently across the tens of thousands of recipe boxes on Allrecipes.com are true champions. Here are some of the most-saved meals during August and September; if these aren't already in your box, they should be!

SAVED 23,722 TIMES

SUBMITTED BY GUYCON
PREP 15 min
COOK 10 min
READY IN 6 hr, 25 min (includes marinating)
SERVES 6
RATING ★★★★½
843 reviews

Recipe on next page →

PHOTOS KATE SEARS. FOOD STYLING PAUL GRIMES. PROP STYLING KATE PARSIAN

Marinated Flank Steak

armagazine.com/marinated-flank-steak

"A wonderful grilled flank steak recipe I invented that friends just love! My girls think this is great, and it doesn't take long to grill. This also works well when sliced and used for fajitas." —GUYCON

SAID

I just started catering small parties, and I planned a fajita bar because of the tight budget. I will never, ever use another marinade for fajitas again. It was the BOMB! The comments were awesome and the crowd of 60 clapped when they were finished. —RAULMIAMIBEACH

We use olive oil instead of vegetable oil, and balsamic vinegar in place of the red wine vinegar. I have even used this with chicken. I've also cooked a roast in the slow cooker with this. I am addicted to it! —RUBY HOMEMAKER

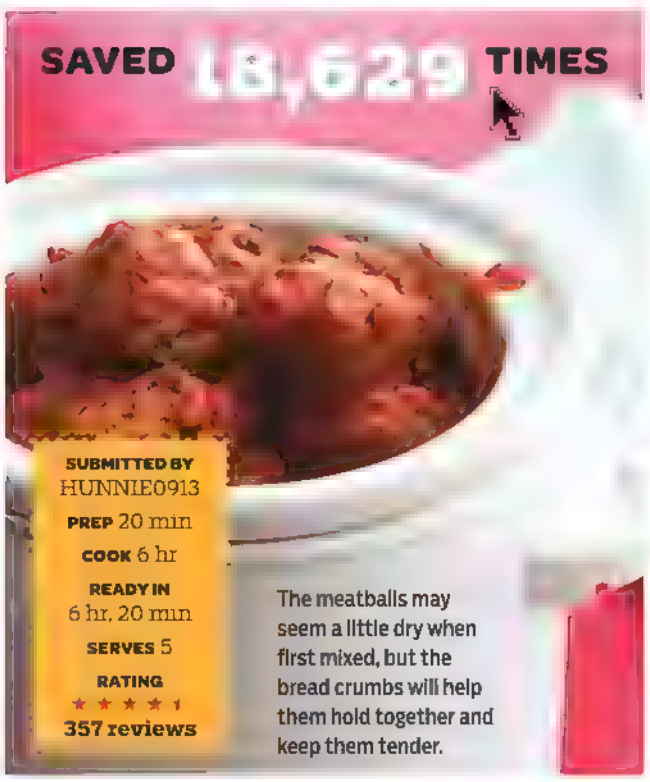
A heat wave made grilling too uncomfortable earlier this week, so after marinating the meat, I threw it in the freezer. I thawed and grilled it today, and it was even MORE tender and flavorful! —PENISEMB

- ½ cup vegetable oil
- ⅓ cup soy sauce
- ¼ cup red wine vinegar
- 2 tablespoons fresh lemon juice
- 1½ tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- [redacted] cloves garlic, minced
- ½ teaspoon black pepper
- 1½ pounds flank steak

1. In a bow , mix together oil, soy sauce vinegar lemon juice Worcestershire sauce, mustard, garlic, and pepper Put steak in a shallow baking d sh and pour marinade over it, turning to coat thoroughly Cover and refrigerate for 6 hours. *[From our kitchen: We put marinade and meat together in a zip-top bag. The steak can marinate for up to 12 hours.]*
2. Preheat an outdoor gr ll to medium h gh heat (375°F to 450°F), and oi gr l grate
3. Remove steak from marinade, discard mar nade, and gril for 5 minutes per side or to des red doneness. *[From our kitchen: Blot the steak dry before grilling to avoid steaming or too much charring. Ours took 3 to 4 minutes per side to reach medium-rare. To keep the meat juicy, let it rest for 5 to 10 minutes before slicing against the grain.]*

PER ¼-POUND SERVING 275 CAL; 22.5g FAT (4.1g SAT); 14.8g PRO; 3.4g CARB; 0.2g FIBER; 935mg SODIUM; 27mg CHOL

Blipp it, watch it, make it! Or go to **armagazine.com/marinated-flank-steak-video**


SAVED [redacted] TIMES
SUBMITTED BY HUNNIE0913
PREP 20 min
COOK 6 hr
READY IN 6 hr, 20 min
SERVES 5
RATING
357 reviews
The meatballs may seem a little dry when first mixed, but the bread crumbs will help them hold together and keep them tender.

Easy Slow-Cooker Meatballs

armagaz ne.com/easy- s ow-cooker-meatbal s

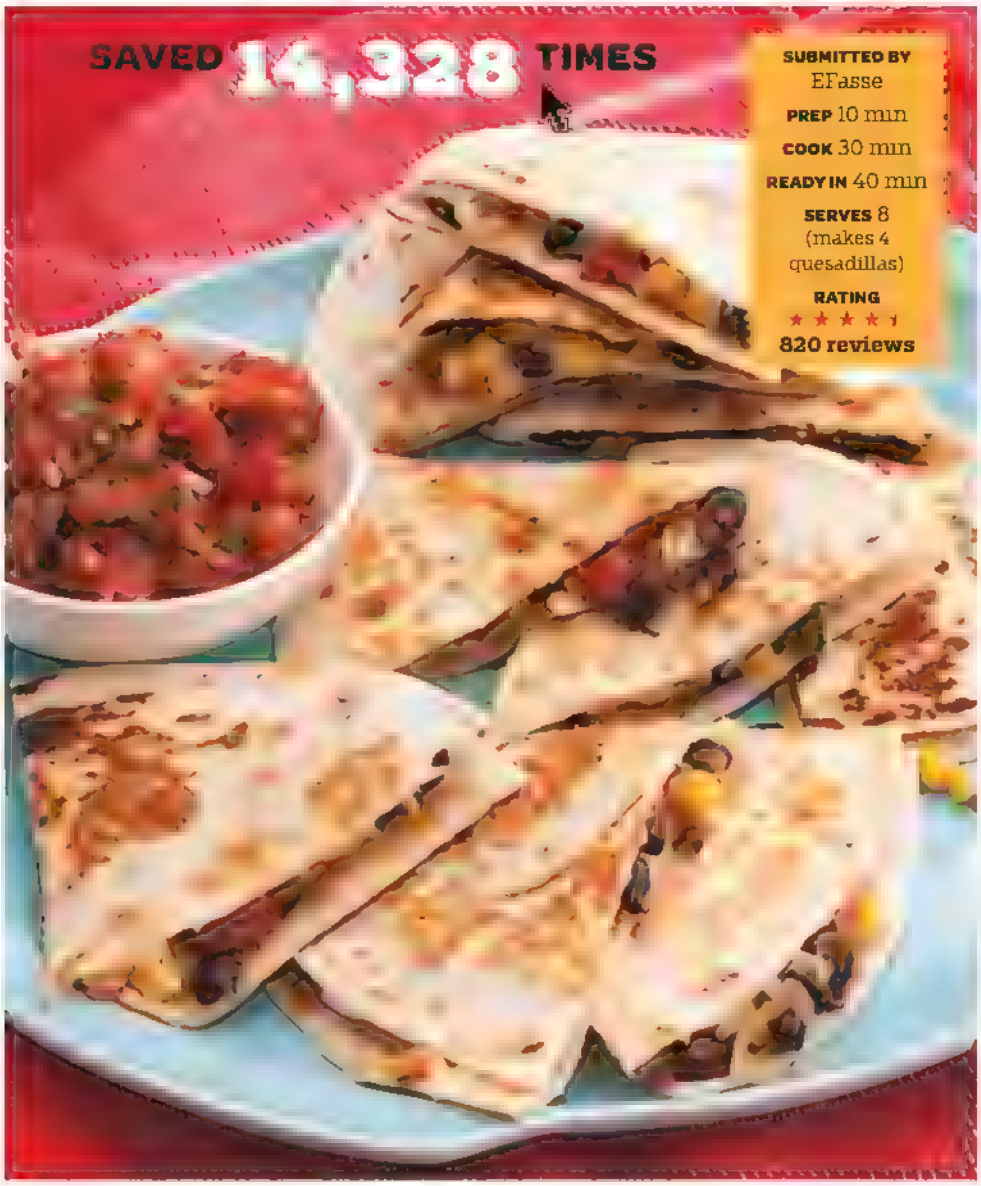
"This is an easy recipe that can be prepared in a slow cooker for a great hot meal at the end of the day. Serve with spaghetti." —HUNNIE0913

- 1½ pounds ground beef
- 1¼ cups dried Italian-style bread crumbs
- ¼ cup chopped fresh parsley
- 2 cloves garlic, minced
- ¾ cup chopped yellow onion
- 1 egg, beaten *[From our kitchen: We didn't beat the egg—one less bowl to wash!]*
- 1 (28-ounce) jar spaghetti [redacted]
- 1 (16-ounce) can crushed tomatoes
- 1 (14.25-ounce) can tomato purée

1. In a bowl, mix together beef, bread crumbs, parsley, garlic, onion, and egg. Shape m xture into 15 meatballs. *[From our kitchen: They'll be golf ball-sized.]*
2. In a slow cooker, mix spaghetti sauce, crushed tomatoes, and tomato purée. Add meatballs and cook on LOW for 6 to 8 hours

PER SERVING (3 MEATBALLS AND 1 CUP SAUCE) 582 CAL; 23.2g FAT (8g SAT); 38g PRO; 56g CARB; 11.2g FIBER; 1,457mg SODIUM; 128mg CHOL

"So easy and so delicious! Plus it's a great way to beat the summer heat on nights when it's just too hot to grill." —JILLIAN



Black Bean-and-Corn Quesadillas

armagazine.com/black-bean-and-corn-quesadillas

"My vegetarian husband goes crazy over these every time. They are really cheesy, a little bit spicy, and a little bit sweet. Feel free to play around and add chicken or veggies. Don't forget the salsa and sour cream!" —EFASSE

- 2 teaspoons olive oil
- 3 tablespoons finely chopped onion
- 1 (15.5-ounce) can black beans, drained and rinsed
- 1 (10-ounce) can whole-kernel corn, drained (or frozen corn, thawed)
- 1 tablespoon brown sugar
- ¼ cup salsa
- ¼ teaspoon red pepper flakes
- 2 tablespoons butter
- 8 (8-inch) flour tortillas
- 1½ cups shredded Monterey Jack cheese *[From our kitchen: If you like things hot, swap in pepper Jack cheese.]*

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring until softened, about 2 minutes. Stir in beans, corn, sugar, salsa, and pepper; mix well. Cook until heated through, about 3 minutes.
2. Melt 2 teaspoons butter in a large skillet over medium heat. Put a tortilla in skillet, sprinkle evenly with some cheese (about ⅓ cup), then top with some bean mixture (about ½ cup). Put another tortilla on top, pressing down gently with your palm to seat, and cook until golden, about 1 minute. Flip and cook other side. Melt more butter as needed, and repeat with remaining tortillas and filling. Cut into wedges and serve.

PER ⅓-QUESADILLA SERVING 363 CAL; 14.5g FAT (7g SAT); 13.9g PRO; 46g CARB; 6.3g FIBER; 732mg SODIUM; 26mg CHOL

Blipp to see this recipe in motion (details on page 2). Or go to **armagazine.com/bean-and-corn-quesadillas-video**

SAID

I've found that when you try to flip the tortilla, stuff spills out. So what I do is use one large tortilla, put cheese and filling on half of it, and then fold it over to form a half-circle. Both sides of the quesadilla are cooked—no flipping! —BECKY

I was a skeptic, but my sweetie loves quesadillas and I was looking for a way to make them meatless to save money but still be filling. Jackpot! I'm not a salsa person, so I left that and the red pepper flakes out, then added some fresh basil from my garden and squeezed half a lime into the mix. I think cilantro would probably be good in this, too. —SARAITHEGEEK

Made some minor changes: Substituted white sugar for brown sugar, omitted red pepper flakes because I used a hot salsa, substituted mozzarella/provolone cheese for Monterey Jack. Also garnished with plain Greek yogurt instead of sour cream. Yum! —ARTSIA

SAVED 14,057 TIMES
allrecipes
5-STAR RATING
SUBMITTED BY
JACLYN
PREP 15 min
COOK 20 min
READY IN 40 min
YIELD
18 muffins
RATING
671 reviews
These freeze well for a great breakfast on the go. Once cooled, wrap them in plastic wrap and foil, seal in a zip-top freezer bag, and freeze for up to 3 months.

Morning Glory Muffins

armagazine.com/morning-glory-muffins

"This muffin has a little bit of everything—carrots, raisins, apple butter, wheat germ, and nuts. A perfect start for your day!" —JACLYN

- 1 egg
- 2 egg whites
- ½ cup apple butter
- ¼ cup vegetable oil
- 1 tablespoon vanilla extract
- 1½ cups all-purpose flour
- ½ cup whole-wheat flour
- 1¼ cups sugar
- 1 tablespoon ground cinnamon
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 cups grated carrots (½ pound)
- 1 apple, peeled, cored, and chopped
- 1 cup raisins
- 2 tablespoons finely chopped walnuts
- 2 tablespoons toasted wheat germ

1. Preheat oven to 375°F. Lightly oil 18 muffin cups, or coat with nonstick cooking spray.
2. In a bowl, whisk together egg, egg whites, apple butter, oil, and vanilla.
3. In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda, and salt. Stir in carrots, apple, and raisins. Stir in apple butter mixture until just moistened. Spoon batter into prepared muffin cups, filling each about three-fourths full.
4. In a small bowl, combine walnuts and wheat germ; sprinkle over muffin tops.
5. Bake 15 to 20 minutes, or until tops are golden and spring back when lightly pressed. Let cool about 5 minutes.

PER 1-MUFFIN SERVING 194 CAL; 4.2g FAT (0.6g SAT); 3.1g PRO; 37g CARB; 2g FIBER; 175mg SODIUM; 12mg CHOL

Blipp to bake! Or go to **armagazine.com/morning-glory-muffins-video**

SAID

I made these for a church fundraiser, and I raised $174. They were a big hit! —BEDHOG

I am not great at eating things that are good for me, but these were OUTSTANDING! The only changes I made to the recipe: Substitute 1 cup applesauce for the oil and apple butter, and increase the walnuts to ½ cup. —SHELLY_R

The perfect amount of batter and other ingredients—pretty healthy and delicious. I used a Granny Smith apple, and the tartness was just what I'd hoped for. I thought one apple wouldn't be enough, but it was perfect. —KSDIENER

We love these muffins! And who can tell they're good for you, too? Grating the carrots takes me a while—wish I had a food processor. Tip: They freeze then toast up in the toaster oven good as new. Yum! —SABLEMOON

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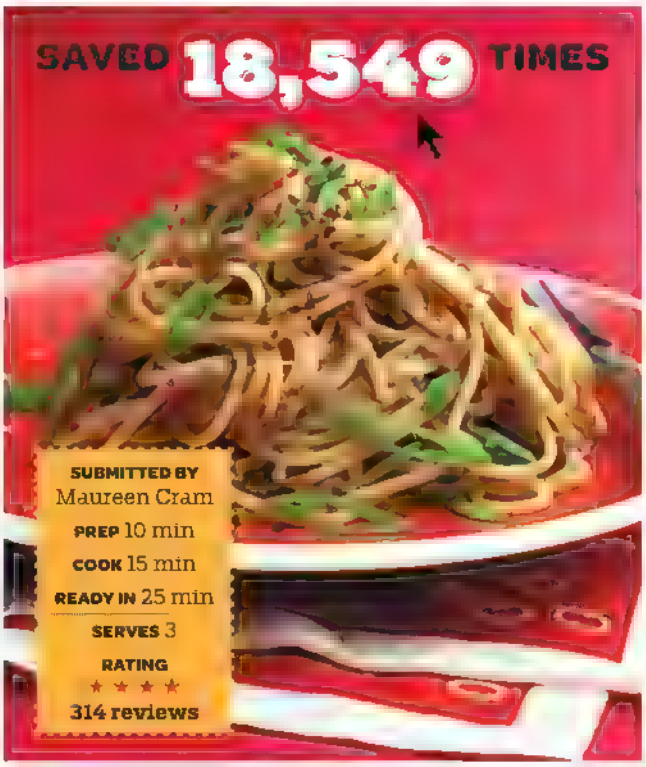

Peanut Noodles

armagazine.com/peanut-noodles

"A really easy recipe that tastes equally good served hot, warm, or cold. Good for a packed lunch. Fettuccine or spaghetti both work great!" —MAUREEN CRAM

- **8 ounces spaghetti**
- **2 tablespoons sesame oil** *[From our kitchen: Toasted sesame oil, sometimes called dark sesame oil, will be more robust.]*
- **1 bunch green onions, sliced (white parts only)**
- **1 teaspoon minced fresh ginger**
- **⅓ cup creamy peanut butter**
- **¼ cup soy sauce**
- **¼ cup hot water**
- **1 tablespoon cider vinegar**
- **1 teaspoon sugar**
- **¼ teaspoon crushed red pepper flakes**

1. Cook spaghetti in a large pot of boiling water until al dente. Drain.
2. Meanwhile, in a small skillet, heat oil over low heat, then cook onions, stirring, until tender. Add ginger; cook, stirring, for 1 to 2 minutes. Increase heat to medium-low; mix in peanut butter, soy sauce, water, vinegar, sugar, and pepper. Remove from heat.
3. Toss spaghetti with sauce.

PER 1½-CUP SERVING 568 CAL; 24.8g FAT (4.5g SAT); 19.7g PRO; 70g CARB; 6.3g FIBER; 1,352mg SODIUM; 0mg CHOL

Blipp to see how easy this is (details on page 2). Or go to **armagazine.com/peanut-noodles-video**

"I LOVE this recipe. I made it with chunky peanut butter, which adds crunch. The sesame oil adds such great flavor!" - FLINORCLEO

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Spanish Lessons

Maria Spieth-Provo, an Allrecipes community member, tells us about the dish that made her fall in love with Spain.

SUBMITTED BY MariaTheSoaper
PREP 35 min
COOK 50 min
READY IN 1 hr, 25 min
SERVES 4 (makes 6 cups)

Brand new recipe! Go online to rate and review!

Making paella always brings back memories of my first trip to Madrid, when I was 17. My friend's mother made this dish for us, and I immediately fell in love with it. My first attempt at making it back home in Seattle was a disaster because I used a wok, I didn't use the right kind of rice, the sausage wasn't right—the list goes on. So many things went sideways, but my parents ate it anyway, bless their hearts and iron stomachs.

My paella-making skills have improved since then. I've even invested in a real paella pan and a special gas burner for even heating. The bulk of the ingredients are standard grocery items, but whenever I visit Spain, I bring home kilos of the special Matiz paella rice in my luggage—even though it means going through inspections.

Paella has become a regular Sunday supper, served with a simple green salad and sliced baguette. Every time I make paella, it reminds me of all the wonderful people, places, and experiences I've had, bringing me close again when they're a world away. —MARIATHESOAPER

Maria's Classic Paella

armagaz ne.com/marias-classic-pael a

- **2 cups chicken stock or broth**
- **10 saffron strands**
- **¼ cup olive oil**
- **2 (4- to 6-ounce) skinless boneless chicken thighs, cut into 2-inch pieces and patted dry**
- **2 garlic cloves, minced**
- **½ cup chopped onion**
- **6 ounces chorizo sausage (preferably Spanish), cut into ½-inch pieces**
- **1 cup uncooked Spanish paella rice or Arborio rice** *[From our kitchen: Spanishtable.com is a great source for Spanish paella rice, paella pans, and the like.]*
- **1 teaspoon sweet paprika (preferably Spanish)**
- **2 Roma tomatoes, grated**
- **8 small mussels, scrubbed and debearded**
- **8 small clams, scrubbed**
- **4 prawns or large shrimp, tails on**
- **3 ounces jarred roasted red bell or piquillo peppers, cut into strips**
- **⅔ cup frozen peas, thawed (about 5 ounces)**
- **¼ cup chopped Italian parsley, for garnish**
- **Lemon wedges, for garnish**

1. Heat stock in a saucepan over medium heat. Crumble saffron into stock.
2. Heat oil in a paella pan or heavy 12-inch skillet over medium heat. Sauté chicken until it begins to brown, about 3 minutes per side. Next, add garlic and onion and cook, stirring, until translucent, about 4 minutes. Add chorizo and cook, stirring, until heated, about 3 minutes.
3. Add rice, stirring until well coated with oil. Add paprika and tomatoes and cook, stirring, about 5 minutes. Add saffron stock to pan and bring to a boil, stirring and scraping bottom of pan. The rice should be evenly distributed, and you will not need to stir from this point on. Simmer until rice has absorbed a good amount of liquid but still has a soupy appearance, about 10 minutes.
4. Add mussels, clams, and prawns or shrimp, pushing them down into rice, and continue simmering, uncovered, until shells open and liquid is absorbed, about 5 minutes.
5. Add peppers and peas; let stand 5 minutes. If using a paella pan, the rice will make a caramelized crust on bottom of pan, which is called *socarrat* (it will make a faint crackling sound and smell toasty sweet but not burnt.) Set aside to rest for 10 minutes. Serve garnished with chopped parsley and lemon wedges.

Note from MariaTheSoaper: If your paella pan is too large to cook on the stove, you can use an oven. Begin your recipe on the stove, but after adding the liquid in step 3, carefully transfer your paella pan to an oven and bake at 350°F for 20 minutes. Return pan to stove, and complete steps 4 and 5.

PER 1½-CUP SERVING 684 CAL; 34g FAT (8.9g SAT); 43g PRO; 51g CARB; 3.4g FIBER; 1,182mg SODIUM; 157mg CHOL

Do you have a favorite "global" recipe? We want to hear how you learned to make it, and what the dish means to you. Blipp now, or shoot us a note at **feedback@allrecipes.com**

PAELLA PHOTO: SHERIG BLIN. FOOD STYLING: PAUL GRIMES. PROP STYLING: MOLLY FITZSIMMONS. MARIA PHOTO: COURTESY OF MARIA SPIETH-PROVO

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Food Apps to Tap

After all the hours we waste on BuzzFeed quizzes ("I'm *NSYNC! What '90s Boy Band Are You?") and Candy Crush, it's only right that our mobile devices make up for it somehow. So we ran several food apps through their paces. Here are our top picks for shaving precious minutes off everything from shopping to wine-pairing and even couponing. What you do with the extra time is up to you (we hear there are some cute cat videos on YouTube...). —EATEATS

Checkout 51

This grocery-rebate app is a quick, easy way to supplement coupon savings. Consult its weekly offers when compiling your list. After shopping, snap a photo of your receipt for proof of purchase. Savings are automatically stored in your account, when it hits $20, you get a check. Unlike many other apps, Checkout 51 can be used at any store. And with offers like $1 off on Windex and $2 on Aveeno skin care products, you'll be keeping your mailman busy. ***—Free, iPhone, iPad, Android***

Vivino Wine Scanner

Not sure which Cabernet to pair with your Sunday short ribs? Snap a photo of a wine label and tap into ratings and tasting notes from the Vivino user community, so you're not flying (or buying) blind. Create your own personal list, filtered by date, price or ratings. Plus, get recommendations based on your likes and dislikes, and invite your friends to weigh in via social media. Now you'll know exactly which bottle to bring to their next party. ***—Free, iPhone, iPad, Android; pro version $4.99***

Coupons.com

This easy app brings you savings from thousands of manufacturers, as well as top grocery, drug, and mass retailers, so ditch the scissors! Link your store loyalty card or credit cards to the Coupons.com app or website, use that same card at checkout, and you'll get a text or email confirming your savings. Or email yourself coupons to print from your laptop or desktop computer. ***—Free, iPhone, iPad, Android***

Food52 Holiday Recipes & Party Planning Guide

Anyone who's ever freaked out at the prospect of hosting a party will appreciate this app from Food52. It's not just the 127 holiday-specific recipes (like Russ Parsons' Dry-Brined Turkey and Cider-Sage Gravy), expert videos, and step-by-step photos. It's the hand-holding guidance that gives this app a time-saving edge. Menus, checklists, centerpiece tips, even damage-control advice help you pull off a party with less stress and more time relaxing with your guests. ***—$3.99, iPhone, iPad***

List Love

Despite all the bells and whistles with food apps, what people want most of all is a great shopping list. In Allrecipes' 2014 Digital Grocery Shopping Survey, 61% said they **always use a shopping list**, 32% do sometimes. Why? To ensure they get everything they need (88%), and to save time (87%).

55% said **if it's not on their list, it won't go in their cart.** The other 45% were more flexible about going beyond their list.

51% of millennials and 42% overall said their shopping lists are on their smartphone.

82% **say coupons and savings** are the best incentives to add an item to their list.

Harvest

Never get burned again by overripe avocados or flavorless strawberries from the store. This app has easy-to-navigate advice for choosing and storing fruits and veggies. It also gives a shortcut to seeing what's in season in your area, and includes info on pesticide levels so you can make quick decisions about whether to go organic or conventional. ***—$1.99, iPhone***

Substitutions

Not the sexiest app out there, to be sure, but it comes in handy when you overestimate your inventory of chili paste or discover that your brother-in-law has gone vegan and the risotto you were planning to serve at the family reunion calls for beef stock. Not only will it save you a trip to the store (or to the neighbor's), categories like Allergy and Migraine will also help you troubleshoot foods that may be problematic for dinner guests. ***—$0.99, iPhone, iPad***

Photo Cookbook—Quick & Easy

A picture's worth a thousand words—especially when you need to get dinner on the table on the double. This app gives an illustrated guide to creating a dish, with photos of everything from ingredients and prep to finished product. The app comes with 84 recipes and more than 700 photos. ***—$3.99, iPhone, iPad***

Allrecipes Dinner Spinner

Excuse the shameless self-promotion, but our Dinner Spinner app is really cool, too. Find mealtime inspiration from among our 50,000 recipes at the shake of your phone. You can rate, review, and share recipes, as well as add your own photos. Its shopping list and recipe box sync with Allrecipes.com, so changes on one show up on the other. And smart how-to videos will boost your kitchen confidence. ***—Free, iPhone, iPad, Android, Windows 8***

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INSTRUCTIONS

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Recipe makes enough to frost 1 (8 or 9 inch) cake layer or 12 cupcakes.

Recipe By: Spork Foods. ©Spork Foods 2014

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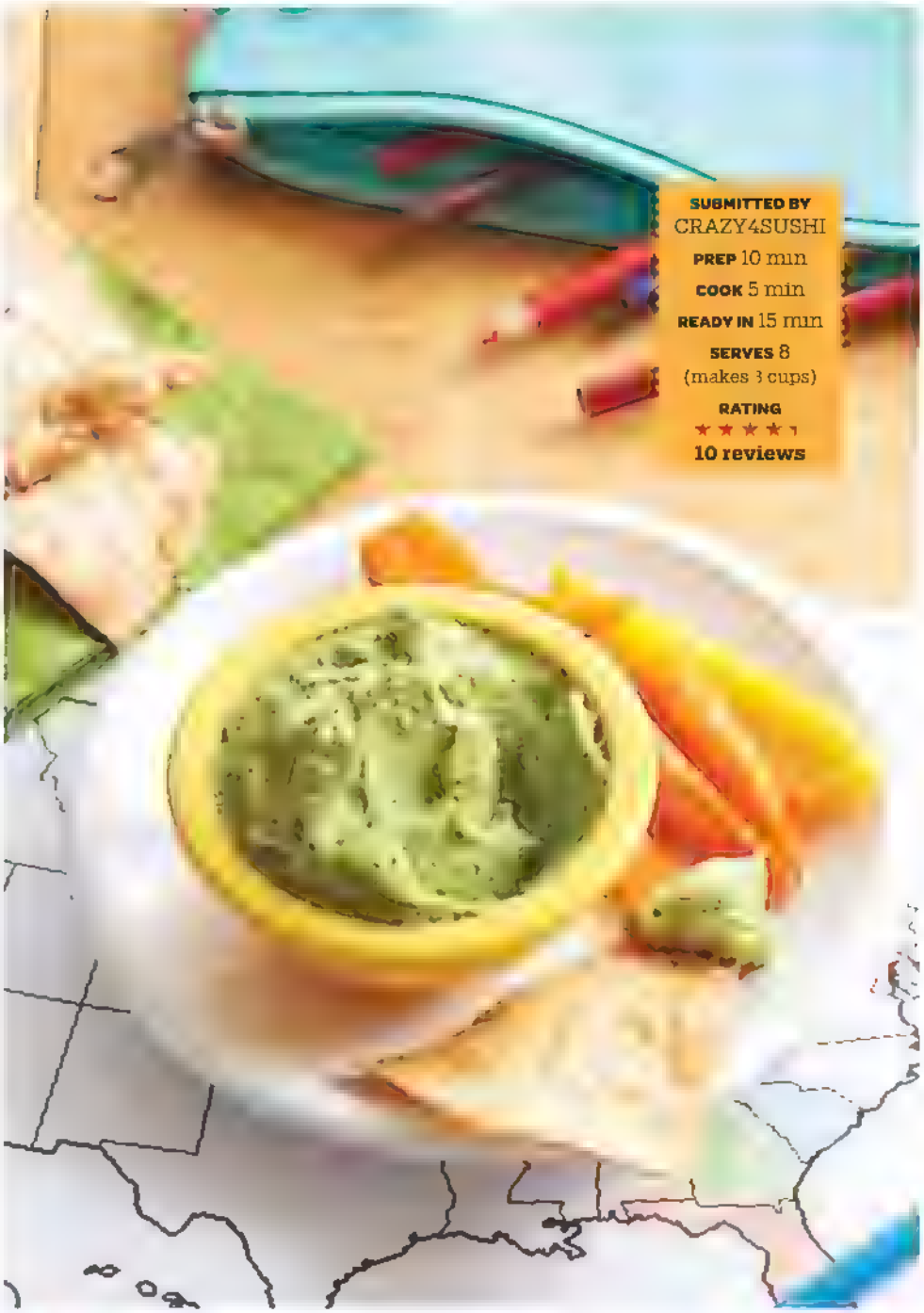
After-School Specials

Snacks are as much a part of the back-to-school routine as backpacks and notebooks. To prepare you for the "Mom, what can I have for a snack?" pop quiz, we rounded up some easy ideas that will definitely score some gold stars.

Cilantro Edamame Hummus

allrecipes.com/cilantro-edamame-hummus

"Traditionally made with chickpeas, this hummus has a new twist by using shelled edamame. Serve with pita chips or celery sticks." —CRAZY4SUSHI



SUBMITTED BY CRAZY4SUSHI
PREP 10 min
COOK 5 min
READY IN 15 min
SERVES 8 (makes 3 cups)
RATING ★★★★½
10 reviews

- **1 (12-ounce) package frozen shelled edamame (soybeans)**
- **2 cloves garlic**
- **½ cup tahini (sesame paste)**
- **½ cup water**
- **½ cup packed cilantro leaves**
- **¼ cup lemon juice**
- **3 tablespoons extra virgin olive oil**
- **1 teaspoon kosher salt** *[From our kitchen: We increased to 1½ teaspoons.]*
- **¾ teaspoon ground cumin**
- **⅛ teaspoon cayenne pepper**

1. Put edamame in a pot and cover with salted water *[From our kitchen: We used ½ teaspoon table salt per 2 to 3 cups water.]* Bring to a simmer over medium-low heat, and cook until tender, about 5 minutes. Drain.
2. Put garlic in a food processor and pulse until minced. Add edamame, tahini, ½ cup water, cilantro, lemon juice, olive oil, salt, cumin, and cayenne; blend until smooth. *[From our kitchen: With some serious blending, kids won't know there's cilantro in this! Covered and chilled, this keeps for up to a week.]*

PER ½-CUP SERVING 201 CAL, 16g FAT (2.2g SAT); 8.2g PRO; 9g CARB, 3.3g FIBER; 266mg SODIUM; 0mg CHOL

PHOTOS: ANDY LYONS; FOOD STYLING: SUE MITCHELL; PROP STYLING: JILL COST

SAID

I did not have tahini...and it was still delicious! Such a bright, clean flavor, and it looks beautiful. Something you can feel good about eating. —NOSEYROSEY

This was so fantastic! I might not have added quite a ½ cup packed cilantro, but other than that, I made it exactly as shown, and my guests just raved about it. Even non-cilantro lovers sucked it down before I could tell them what was in it! —SANDBREESE

I was looking to make something hummus-y, but had no chickpeas...then I found this recipe! I've eaten it with carrots, and I've put it on a sandwich with some feta. —JESSICAY

Playgroup Granola Bars

armagazine.com/playgroup-granola-bars

"My girlfriend brought these granola bars over for a playgroup one morning, and they've been a staple ever since. My son requests them almost daily, so I usually triple the recipe and make two trays to have plenty on hand." —PREGOCOOK

- **2 cups rolled oats**
- **¾ cup packed brown sugar**
- **½ cup wheat germ**
- **¾ teaspoon cinnamon**
- **1 cup flour**
- **¾ cup raisins (optional)**
- **¾ teaspoon salt**
- **½ cup honey**
- **1 egg, beaten**
- **½ cup vegetable oil**
- **2 teaspoons vanilla extract**

1. Preheat oven to 350°F. Generously grease a 9x13-inch baking pan.
2. In a large bowl, mix oats, brown sugar, wheat germ, cinnamon, flour, raisins (if using), and salt. Make a well in center, and pour in honey, egg, oil, and vanilla. Blend well with your hands, and spread mixture evenly into prepared pan.
3. Bake for 30 to 35 minutes, or until bars begin to turn golden at edges. Cool for 5 minutes, then cut into bars. Don't allow bars to cool completely before cutting, or they'll be too hard to cut. *[**From our kitchen:** After cutting, we cooled them another 35 minutes. They'll keep for a week in an airtight container.]*

PER 1-BAR SERVING 161 CAL; 5.5g FAT (0.9g SAT); 2.4g PRO; 27g CARB; 1.4g FIBER; 79mg SODIUM; 9mg CHOL

Blipp to see this recipe in motion (blipp details on page 2), or go to **armagazine.com/playgroup-granola-bars-video**

Pizza Moons

armagazine.com/pizza-moons

"This is a great after-school snack for kids and adults. It uses basic ingredients, and you can change it up to make it yours." —CHRISTCOOKS

- **1 (8-ounce) package refrigerated crescent rolls**
- **1½ cups shredded mozzarella cheese**
- **16 slices pepperoni**
- **2 tablespoons Parmesan cheese**

1. Preheat oven to 375°F.
2. Unroll and separate the 8 crescents. Top each with 2 tablespoons mozzarella, 2 slices pepperoni, then another tablespoon mozzarella. Roll up, put on a baking sheet, and sprinkle with some Parmesan.
3. Bake until crescents are golden brown, 12 to 15 minutes. Remove from oven, let cool 10 minutes.

PER 1-CRESCENT SERVING 201 CAL; 12g FAT (5g SAT); 9g PRO; 12g CARB; 0g FIBER; 450mg SODIUM; 17mg CHOL

"These are sooo good and a simple snack. I just put some pizza sauce in a bowl and had the kids dip them in. Yum!" —KMSPORTCRAZY5

Cinnamon Ants on a Stick

armagazine.com/cinnamon-ants-on-a-stick

"Cinnamon adds a flavor twist to a favorite snack kids love to make themselves." —ARIZONACRAZY

- **1 teaspoon ground cinnamon** *[From our kitchen: ¼ teaspoon was plenty for us.]*
- **1 large stalk celery, cut into 3 pieces**
- **3 tablespoons peanut butter**
- **2 tablespoons raisins**

Sprinkle cinnamon evenly over the celery's hollow insides, spoon in peanut butter, and top with raisins.

PER 1-PIECE SERVING 121 CAL; 8.3g FAT (1.7g SAT); 4.5g PRO; 9.9g CARB; 1.9g FIBER; 93mg SODIUM; 0mg CHOL

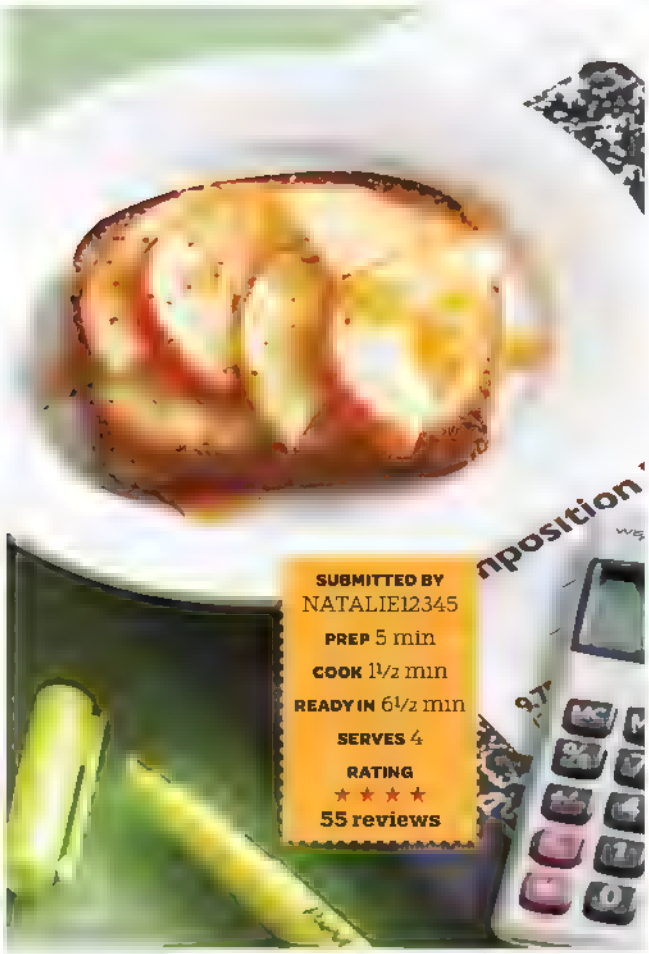
SUBMITTED BY arizonacrazy
PREP 5 min
READY IN 5 min
SERVES 3
RATING ★★★★★
19 reviews

SAID

Try using dried cranberries instead of raisins. Red Ants on a Log! It's a nice twist. —BREWERSMOM

Kids loved it just because of the name, I think. It's an after-school fave! —BARBSBERRY

I made these for my niece, and it was great because she could "help." I loved it because I am an admitted peanut butter addict and couldn't help but sneak a few myself. —JILLIAN



SUBMITTED BY NATALIE12345
PREP 5 min
COOK 1½ min
READY IN 6½ min
SERVES 4
RATING ★★★★
55 reviews

Apple Toast

armagazine.com/apple-toast

"Apple toast is a great after-school snack for kids who are picky eaters. It doesn't take long to make, and it's a light snack that will leave you satisfied." —NATALIE12345

- **1 tablespoon butter**
- **4 slices white or whole grain bread**
- **1 large apple, cored and thinly sliced**
- **1 tablespoon cinnamon** *[From our kitchen: We recommend just 1 teaspoon.]*

Preheat oven broiler. Spread butter on one side of each bread slice, divide apple slices among them, then sprinkle each with some cinnamon. Put bread on a baking sheet and broil about 2 minutes. *[From our kitchen: Watch carefully to prevent burning. Ours took only 1 to 1½ minutes. Drizzle on a little honey or maple syrup before baking to add some sweetness.]*

PER 1-SLICE SERVING 124 CAL; 3.8g FAT (2g SAT); 2.1g PRO; 21.4g CARB; 2.8g FIBER; 191mg SODIUM; 8mg CHOL

SAID

What a wonderful, healthy after-school snack. My daughter loves apples, but she can't eat them whole because of her braces. She also loves cinnamon toast, so this combination was just what we were looking for. —TONI

We substituted peanut butter for the butter. My 7-year-old loved this. —AFWIFE88

I used way less than a tablespoon of cinnamon. —CAROLINE C

Nice, homey food. Followed another's advice and toasted the bread first. Will do again. —KALI DURGA

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Antojitos Minis

armagazine.com/antojitos-minis

"These little Mexican-inspired appetizers are easy to prepare, and the many ingredients can be varied according to taste. Try layering the cheeses and vegetables in different variations for a colorful and exciting platter." —SAL

- **5 (12-inch) flour tortillas**
- **3 ounces shredded white cheddar cheese** *[From our kitchen: To keep the Mexican spirit of this dish, we replaced the cheddars and Jack cheeses with 9 ounces of shredded Mexican cheese.]*
- **3 ounces shredded Monterey Jack cheese**
- **3 ounces shredded yellow cheddar cheese**
- **1 tomato, diced**
- **1 cup chopped red bell pepper**
- **⅛ cup chopped green onions**
- **⅓ cup black beans, drained and rinsed**
- **2 tablespoons salsa**
- **⅛ teaspoon chili powder**

1. Preheat oven to 425°F. Grease two 12-cup muffin pans
2. Cut each tortilla into six 3¼-inch-round pieces and fit into muffin pan cups. Top with cheeses, tomato, bell pepper, onions, beans, salsa, and chili powder *[From our kitchen: We found it easier to mix together the non-cheese ingredients first.]*
3. Bake 8 minutes, or until cheeses are lightly browned and bubbly. *[From our kitchen: We cooled 10 minutes before serving.]*

PER 3-PIECE SERVING 327 CAL; 15g FAT (7.5g SAT); 13.8g PRO; 34g CARB; 3.3g FIBER; 627mg SODIUM; 33mg CHOL

SAID

I used a 1-cup measuring cup to make the little circles, then used regular scissors to cut them out. It worked great. —ERICKA1

Time-saver: I used small muffin trays and made the tortillas smaller. I combined the ingredients in a bowl and refrigerated overnight. The next day I spooned the whole mixture into the tortilla cups and threw them in the oven. —SCHELLY_98

I was making these as an adult appetizer, but the kids (most of whom are fairly picky) LOVED them. —PASSION4COOKING

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GO, BABY, GO!

We asked the Allrecipes community ***what kitchen gadget or appliance saves them time in the kitchen*** *or makes cooking more efficient. There were some passionate responses! Here are the most popular picks.*

PHOTOS: MARTY BALDWIN; PROP STYLING: SUE MITCHELL

1 *"My **griddle**! With a family of five, it takes a lot less time to make eggs, bacon, hamburgers—you name it! I don't know what I'd do without it."* —JOPI VIA GOOGLE+

From our kitchen:
We like Oster's Griddle With Warming Tray, $40 at oster.com

2 *"I'm not much into equipment that only does one thing, but I do love my **corkscrew**."* —NICHOLE VIA FACEBOOK

From our kitchen:
A traditional wine key is fine, but the Waring Wine Center Electric Opener/Preserver can get any cork out anytime. $63 at wayfair.com

3 *"My **mandoline**. It's great for slicing taters thin."* —DANIEL VIA FACEBOOK

From our kitchen:
V-Blade Mandoline Slicer, $40 from oxo.com

4 *"My **rice cooker**. I can't live without it, especially when Mom is visiting from Japan."* —DIANA VIA THE BUZZ*

From our kitchen:
Zojirushi 3-Cup Rice Cooker & Warmer, $177 at casa.com

5 *"I love my **scraper**."* —CAROL VIA FACEBOOK

From our kitchen:
Tackle the worst baked-on food with little effort. Tovolo Pan Scrapers, $14 for a set of 3 at amazon.com

6 *"I could never get through making a meal without my **kitchen shears**."* —STACY VIA THE BUZZ

From our kitchen:
These multi-function shears separate to reveal three different blades, and come with a magnetic case. 9-Function Multi-purpose Kitchen Scissors, $12 at shopmastrad.com

7 *"My (third) **slow cooker**. I wear 'em out, y'all!"* —LARRY VIA GOOGLE+

From our kitchen:
Program the cooking time, and this slow cooker automatically shifts to warm mode when the time is up. Set & Forget Programmable 6-Quart Slow Cooker (33464), $70 at hamiltonbeach.com

8 *"A **lemon press**—makes getting juice a breeze!"* —TOM VIA FACEBOOK

From our kitchen:
Chef'n Lemon Citrus Juicer, $25 at surlatable.com

9 *"I use my **FoodSaver** a lot!"* —MARIANNE VIA THE BUZZ

From our kitchen:
2-in-1 Vacuum Sealing Kit, $199 at foodsaver.com

*The Buzz is where the Allrecipes community goes to share, ask questions, and chat about recipes, food, and cooking. To learn more, visit **armagazine.com/the-buzz**

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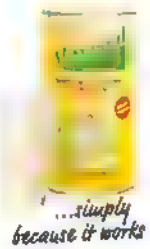

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Gad-zukes!

So you planted a few zucchini seeds and now have zucchini coming out of your ears. Or you joined a CSA and are getting bushel baskets of the stuff weekly. Or you simply lost control at the farmers market. Regardless of how you came to have mountains of zukes on your counter, here are five delicious ways to use them up.

PHOTOS: KATE SEARS FOOD STYLING: PAUL GRIMES PROP STYLING: KATE PANSIAN

SUBMITTED BY Christine
PREP 20 min
COOK 45 min
READY IN 1 hr, 5 min
SERVES 4
RATING ★★★★½
75 reviews

If you end up with more filling than zucchini, try roasting the extra in mushroom caps or red bell peppers, folding it into scrambled eggs, or rolling it into little meatballs and baking it alongside the stuffed zucchini.

Stuffed Zucchini with Chicken Sausage

armagazine.com/stuffed-zucchin

"For a light dinner, try this simple and yummy recipe!" —CHRISTINE

- **2 large zucchini, ends trimmed** *[From our kitchen: You can also use 6 medium (8-ounce) zucchini. You'll have enough filling for either option.]*
- **3 tablespoons olive oil**
- **2 (3-ounce) links Italian-style chicken sausage, casings removed** *[From our kitchen: If you can't find fresh, unsmoked chicken sausage, you can swap in Italian-style turkey or pork sausage.]*
- **½ teaspoon to 2 teaspoons crushed red pepper flakes (optional)**
- **Salt and black pepper to taste**
- **½ sweet onion (such as Vidalia), chopped**
- **3 cloves garlic, minced**
- **1 (14.5-ounce) can whole peeled tomatoes, drained and chopped** *[From our kitchen: Buy canned diced tomatoes instead, and you'll have one less thing to chop.]*
- **½ cup dry bread crumbs**
- **¼ cup grated Parmesan cheese**
- **1 tablespoon finely chopped fresh basil, or more to taste**

1. Preheat oven to 375°F.
2. Cut a thin lengthwise slice from the left and right sides of each zucchini; dice the slices, and set aside. With a spoon, scoop out and discard seeds and flesh from zucchini, leaving flat-bottomed, hollowed-out boats that are ¼ inch thick on all sides.
3. Heat oil in a skillet over medium heat. Add sausage and cook, breaking up with a spoon, until it begins to brown, 5 to 8 minutes. Sprinkle in red pepper (if using) and season with salt and black pepper. Stir in diced zucchini, onion, and garlic, and cook until onion is translucent, about 5 minutes. Scrape sausage mixture into a bowl, and stir in tomatoes, bread crumbs, cheese, and basil.
4. Put zucchini boats in a baking dish. Gently stuff with sausage mixture, and bake until heated through and zucchini is tender, about 30 minutes. *[From our kitchen: Adding a little water to the baking dish—½ cup to ¾ cup, depending on the size of your dish—before it goes in the oven will help steam and soften the zucchini shell and prevent scorching.]*

PER SERVING (½ LARGE OR 1½ MEDIUM ZUCCHINI BOATS) 260 CAL; 15.7g FAT (3.5g SAT); 11.7g PRO; 20g CARB; 2.9g FIBER; 645mg SODIUM; 37mg CHOL

Tip: Look for small, firm zucchini with taut, shiny skin. They're the most tender and flavorful. Small scratches from harvesting are normal, but moisture in those nicks accelerates spoilage, so it's best not to wash zucchini until right before you use them. You can keep fresh zucchini two to four days in the veggie drawer of your fridge, but they'll last a bit longer in a perforated plastic bag.

SAID

It was a 98-degree day when I decided to try this recipe. Instead of heating up the oven, I put the stuffed zucchini on a baking sheet over indirect medium heat on the grill. Very good flavor! —LIN

Add crusty bread and a glass of vino, and you have a meal! —MRSMO

Absolutely wonderful! I wondered if this would fill me up since it's vegetable-based, but it definitely did the trick. —BUNYARN

I used Italian turkey sausage because that was all I could find. Two teaspoons of crushed red pepper might be too much for most people, but my husband and I like spicy food, so it was delicious to us. This is a KEEPER. —TINA GRIFFIN

Love it! I have made this many times, and it is easy, light, and just yummy! —MYLITTLEO

I made it for the family and couldn't keep the little one out of it. I probably shouldn't have made her the "taste tester." I'm definitely going to make a smaller version as an appetizer for parties. —RACHELS428

Zucchini Cornbread Casserole

armagazine.com/zucchini-cornbread-casserole

"A delicious and easy-to-prepare side dish casserole loved by everyone in the family." —DIANA S.

- **4 cups grated zucchini** *[From our kitchen: You'll need about 1 pound of zucchini. Use the large holes of a box grater to grate it. Put it in a colander and press with a spoon to remove excess moisture.]*
- **1 onion, chopped**
- **2 eggs, beaten**
- **1 (8.5-ounce) package corn muffin mix**
- **½ teaspoon salt** *[From our kitchen: Ours came out a little salty. We liked it better with just ¼ teaspoon.]*
- **¼ teaspoon black pepper**
- **8 ounces cheddar cheese, shredded** *[From our kitchen: For best flavor, choose a sharp cheddar.]*

1. Preheat oven to 350°F. Grease a 2-quart baking dish.
2. In a large bowl, mix together zucchini, onion, eggs, muffin mix, salt, and pepper. Stir in half of cheese. Spread mixture in prepared dish, top with remaining cheese.
3. Bake 1 hour. *[From our kitchen: We baked this in a 9-inch square baking dish, and it needed the full hour to bake. If your dish is larger and your casserole is shallower, you may need to check it for doneness sooner.]* Let cool 10 minutes, and then cut and serve hot or at room temperature.

PER 2¼x4½-INCH SERVING 261 CAL, 13.6g FAT (7g SAT), 11.9g PRO; 23.4g CARB, 1.2g FIBER; 820mg SODIUM; 83mg CHOL

Tip: You can eat zucchini raw—skin, seeds, and all! (Smaller ones are better for this, as they tend to have fewer seeds.) Zucchini are low in calories and surprisingly high in potassium. One medium zucchini with skin has more potassium—500mg!—than a banana.

WHAT THEY SAID

I intended this to be a side dish. But my hubby dug in early, and this wound up as the main course. I chopped the zucchini instead of shredding it and added a cup of frozen corn. Delicious! —SUNNY

Yum. Didn't change a thing. —VEGETATHALAS

This was a really tasty and useful recipe for the zucchini windfall. It's a great side, but I liked it as a breakfast item. —MAMABEAT

Wow, this came out soooo great! It's very much like a quiche (with a lightly sweet taste to it if you use the Jiffy corn bread mix). —TRACI

A good recipe for ingredients that are readily on hand. My teenagers even ate it. —HALLIJ

It turned out terrific. It could be the main focus of a meatless meal. Or it could be changed up by adding things like bacon, green chiles, or sausage. Definitely a keeper. —KARENKASP

SUBMITTED BY Diana S
PREP 15 min
COOK 1 hr
READY IN 1 hr, 25 min
SERVES 8 (makes one 9-inch square casserole)
RATING ★★★★½
385 reviews

Mom's Zucchini Pancakes

armagazine.com/moms-zucchini-pancakes

"I am 'Mom,' and I have been making these for years. My whole family just loves them. Serve with a small dollop of sour cream. They go fast!" —SUEFOOD

- **2 cups grated zucchini** *[From our kitchen: You'll need about ½ pound of zucchini. Use the large holes of a box grater to grate it.]*
- **2 large eggs, slightly beaten**
- **2 tablespoons chopped green onion**
- **½ cup flour**
- **¼ cup grated Parmesan cheese**
- **½ teaspoon baking powder**
- **½ teaspoon salt**
- **1 pinch dried oregano**
- **¼ cup vegetable oil, or as needed**

1. Blot grated zucchini with paper towels to remove moisture. Stir together zucchini, eggs, and onion in a large bowl. Mix flour, cheese, baking powder, salt, and oregano in a separate bowl; stir mixture into zucchini until batter is just moistened.
2. Heat oil in a large skillet over medium-high heat. Working in batches, drop scant ¼-cup portions of zucchini batter into hot oil; fry until golden, 2 to 3 minutes per side. Drain pancakes on a paper towel-lined plate. *[From our kitchen: Stoves vary, but our pancakes cooked more evenly over medium heat. You can keep the first batch warm in a 250°F oven while preparing the rest.]*

PER 2-PANCAKE SERVING 197 CAL; 14.3g FAT (3.1g SAT); 6g PRO; 11.8g CARB; 1g FIBER; 376mg SODIUM; 88mg CHOL

Tip: Still have more zucchini than you can use? Try freezing or pickling it. To freeze, blanch sliced or grated zucchini for 3 minutes in boiling water, chill, drain thoroughly, and freeze in zip-top plastic bags up to 10 months. For pickles, try the recipe on page 104.

TOP SAID

One word: DELICIOUS. The only change I made was to add pepper. —SKI

Love this! It is so easy and uses simple ingredients...and tastes amazing. I keep getting zucchini at the farmers market just so I can keep making this. —LORI

I tried them because I had a huge zucchini from my friend's garden at home and...not much else. Boy, will they be a staple from now on! The only change I made was using garlic salt instead of regular salt. —ALLISON

I added a bit of grated onion to the zucchini and used seasoned salt. It came out really good. I would have added a bit more spice, but I was cooking for picky kids, so this was great as is. —SLACKERCHEF

My mom adds some fresh parsley and dill to the zucchini mix. Very yummy. —ET

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4 Sprinkle cucumber and mint over salad
5 Exorcise demon from daughter
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Low-Carb Zucchini Pasta

armagazine.com/low-carb-zucchini-pasta

"If you are a pasta lover and need a low-carb version closer to the real thing than spaghetti squash, you've found it! This is a great recipe—super-quick and super-versatile. Serve with your favorite sauce." —DINNERMOMMA

2 medium zucchini
1 tablespoon olive oil
Salt and black pepper to taste

[From our kitchen: To make it like real pasta, we tried ours with cherry tomatoes, Parmesan cheese, and some fresh basil—delish!]

1. Cut lengthwise slices from zucchini using a vegetable peeler, stopping when you reach seeds. Turn zucchini over and continue "peeling" until all the zucchini is in long strips, discard seed core. Slice zucchini into thinner lengthwise strands resembling spaghetti.
2. Heat oil in a skillet over medium heat, cook zucchini in hot oil, stirring, for 1 minute. Add ¼ cup water and cook until zucchini is softened, 5 to 7 minutes. Season with salt and pepper. *[From our kitchen: Water works fine, but if you've got some vegetable or chicken broth around, you can swap that in for fuller flavor.]*

PER 2-CUP SERVING 157 CAL; 13.9g FAT (2g SAT); 2.9g PRO; 7.9g CARB; 2.6g FIBER; 413mg SODIUM; 0mg CHOL

SAID

Reduces the amount of carbs in your diet? Check. Adds extra veggies into your diet? Check. Allows your sauce or any add-ons to shine? Check. This recipe is perfect. —LINDA B.

We really liked it. Of course I would rather have real pasta, but when you're eating low-carb, it's great! —MANDY

This is a great way to serve zucchini. The kids thought this was so fun. I will be making this again, and I can't wait to try it with different sauces. YUM! —CHRISTINA

I like to call these "zoodles." I used a Spirooli (a spiral slicer) to make easy work of slicing. —BRWELP

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SUBMITTED BY Sandy
PREP 15 min
COOK 50 min
READY IN 2 hr 5 min
SERVES 12 (makes one 9x13 inch cake)
RATING ★★★★½
398 reviews

This moist cake freezes well. Wrapped in plastic and aluminum foil, it'll keep in the freezer up to three months.

Chocolate Zucchini Cake III

armagazine com/choco ate zucchini cake ıl

"This is a moist, fudgy cake—sweet but not extremely sweet—and it makes good use of zucchini. Frost it with chocolate frosting or cream cheese icing." —SANDY

- **2 cups flour**
- **2 cups sugar**
- **¾ cup unsweetened cocoa powder**
- **2 teaspoons baking soda**
- **1 teaspoon baking powder**
- **1 teaspoon ground cinnamon**
- **½ teaspoon salt**
- **4 eggs**
- **1½ cups vegetable oil**
- **3 cups grated zucchini** *[From our kitchen: You'll need about ¾ pound of zucchini. Use the large holes of a box grater to grate it. There's no need to press or pat it dry.]*
- **¾ cup chopped walnuts**

1 Preheat oven to 350°F Grease and flour a 9x13 nch baking pan *[From our kitchen: We tried this in a Bundt pan, too. It worked great both ways.]*

2 In a bow , whisk together flour, sugar, cocoa, bak ng soda, baking powder cinnamon, and salt. Add eggs and oi , and mix well Fold n zucch ni and nuts. Pour into prepared pan.

3 Bake 50 to 60 m nutes, or unti a knife inserted nto center comes out clean. Cool cake completely before frost ng with your favorite frost ng. *[From our kitchen: You could also just dust it with a little powdered sugar.]*

PER 3x3x2-INCH SERVING 538 CAL; 35g FAT (5g SAT); 6.8g PRO; 54.4g CARB; 3.2g FIBER; 376mg SODIUM; 70mg CHOL

B ipp to see this recipe n motion! (B ipp deta s on page 2.) Or visit **armagazine.com/chocolate-zucchini-cake-video**

Copycat Coleslaw

Coleslaw is coleslaw, right? Not so! Turns out that our Allrecipes community members have strong opinions about their slaw, and they're partial to versions that mimic the Colonel's secret recipe. That go-to side dish you faithfully tack onto your fried chicken order can easily be made in your own kitchen. It may not be worth millions of dollars like KFC's, but it will surely get you plenty of your own satisfied customers.

SUBMITTED BY Marsha
PREP 15 min
READY IN 1 hr, 15 min
SERVES 8 (makes 4 cups)
RATING ★★★★½
772 reviews

RESTAURANT-STYLE COLESLAW I

armagazine.com/restaurant-style-coleslaw

"This is a copy of a popular restaurant-style coleslaw." —MARSHA

FOR SLAW

- **1 (16-ounce) package coleslaw mix**
  [From our kitchen: Like many of you, we found this slaw a little watery. To make it creamier, use 2 packages coleslaw mix and increase the onion to ¼ cup; keep the dressing the same.]
- **2 tablespoons minced onion**

FOR DRESSING

- **⅓ cup sugar**
- **½ teaspoon salt**
- **⅛ teaspoon black pepper**
- **¼ cup milk**
- **½ cup mayonnaise**
- **¼ cup buttermilk**
- **1½ tablespoons white wine vinegar**
- **2½ tablespoons lemon juice**

Make slaw:

1. Combine coleslaw mix and onion in a large bowl. *[From our kitchen: See our note about coleslaw mix and onion amounts.]*

Make dressing:

2. Combine sugar, salt, pepper, milk, mayonnaise, buttermilk, vinegar, and lemon juice in a separate bowl; mix until smooth. Pour dressing over slaw; stir well and chill for 1 hour.

PER ½-CUP SERVING 184 CAL, 12.6g FAT (2g SAT); 1.4g PRO; 17.1g CARB; 0.9g FIBER; 248mg SODIUM; 11mg CHOL

Blipp to see how easy this is to make, or go to **armagazine.com/restaurant-style-coleslaw-video**

SAID

Eureka! I've searched high and low for a good coleslaw recipe! This is so good, I want to give it more than five stars! —HIPPIECHICK

I've tried several "restaurant knockoffs" but this is the best. I could have eaten the whole batch. Will definitely make it again and again and again. —GOLDENS

My family enjoyed this coleslaw (even the one claiming not to like coleslaw). However, I jumped the gun on the amount of dressing. It didn't look like enough so I doubled it, forgetting the water in the cabbage would cause it to be more "juicy." So by all means, follow the recipe as far as the amount of dressing to use. —ANDAQT2

This is the kind of recipe that rounds out a delicious grilled meal. Everyone should have it in their repertoire. There's nothing mind-blowing about it—just a respectable homemade slaw everyone will enjoy. It's superior to store-bought dressings for coleslaw and way better than what you can get from the deli. —SPICY MAMA

This dressing is DELICIOUS! I used only ¼ cup sugar because I added raisins to the slaw. Personal preference...what's slaw without raisins?! —RICKISUZANNE

Tried MANY recipes for coleslaw before. They were either too mayo-y or too sweet. This one has a nice blend of flavors. —TXRACHEL

OMG, wow! Just like KFC! Followed recipe exactly and this was the best coleslaw ever! My husband and I loved it! This was my practice run to see if we liked it before making it for my daughter's graduation party next weekend. It passed with flying colors! I will definitely be making a triple batch for the party! —MICHELLE

PHOTO: KARLA CONRAD; FOOD STYLING: CARLI PURCELL; PROP STYLING: LORI HELLANDER

Banana Bread: Go Healthy or Indulge?

Banana bread is consistently among the top search terms on our site, and we suspect it's because you're always looking for ways to use those overripe bananas! The tricky part is deciding which of the 137 banana bread recipes on Allrecipes.com to make. We compared two of our favorites: a low-fat banana bread and a tangy, ultra-moist classic recipe. Try one—or both—and let us know which one you like best!

Almost-No-Fat Banana Bread

armagazine.com/almost-no-fat-banana-bread

"This bread is surprisingly moist and has wonderful flavor. For a little variation, add nuts or raisins." —ALLISON

- **1½ cups flour**
- **¾ cup sugar**
- **1¼ teaspoons baking powder**
- **½ teaspoon baking soda**
- **½ teaspoon ground cinnamon**
- **2 egg whites**
- **1 cup mashed banana (about 3 medium bananas)**
- **¼ cup applesauce**

1. Preheat oven to 350°F. Lightly grease an 8x4-inch loaf pan.
2. In a large bowl, stir together flour, sugar, baking powder, baking soda, and cinnamon. *[**From our kitchen:** We added ¼ teaspoon salt to the flour mixture to make the sweetness really pop.]* Add egg whites, banana, and applesauce; stir until combined.
3. Pour batter into prepared pan. Bake 50 to 55 minutes, or until a toothpick inserted into center of loaf comes out clean. Let cool in pan 10 minutes, then turn out onto a wire rack and cool at least 1 hour before slicing.

PER 1-INCH-SLICE (3-OUNCE) SERVING 191 CAL; 0.3g FAT (0g SAT); 3.6g PRO; 44g CARB; 1.5g FIBER; 150mg SODIUM; 0mg CHOL

PROS

- ✚ Only 191 calories per serving—low for baked goods!
- ✚ With 0.3g fat per serving, it's basically guilt-free.
- ✚ Takes only 10 minutes to prep.
- ✚ Made from staple ingredients, no special trips to the grocery store.

CONS

- ➖ If the batter is overstirred, the bread can end up gummy and dense. To avoid this, mix ingredients until *just* blended.
- ➖ Some readers found it a little boring, and jazzed it up with a dash of nutmeg or vanilla.

SAID

"Almost passed this one by due to the fat-free nature...but am I glad I didn't! Had to rub it in my husband's face when he said he loved it. To sell my husband on a healthy recipe is something! Added chocolate chips and nuts (for fun), ½ teaspoon nutmeg, upped the cinnamon, and cut the sugar. Made it as muffins; baked at 350°F for 18 minutes." —TSTEPHENSX7

"This recipe is moist and light in texture. I didn't have any applesauce so I used melted I Can't Believe It's Not Butter like a reviewer mentioned, and it worked just fine. I feel thin already." —TRISHZELISH

"Many recipes that I've tried using applesauce as a fat replacement haven't worked, but it REALLY works in this recipe. I've made many different banana bread recipes (many fat-laden), and this one measures up to the best of them. It's easy to make, moist and tender, full of banana flavor, and pretty healthy. This is going into my favorites folder." —LUTZFLOAT

SUBMITTED BY Allison
PREP 10 min
COOK 50 min
READY IN 2 hr 10 min (includes cooling)
SERVES 8 (makes one 8x4-inch loaf)
RATING ★★★★½
624 reviews

SUBMITTED BY Esther Nelson
PREP 15 min
COOK 1 hr
READY IN 2 hr, 25 min (includes cooling)
SERVES 28 (makes four 7x3 inch loaves)
RATING ★★★★★ 3,308 reviews

PROS

- Everyone will go bananas over this bread.
- Sour cream makes this insanely moist and tender.
- One batch makes four loaves, so you'll have plenty to freeze or share as gifts.

CONS

- It's tempting to eat more than one slice, but with 11.9g fat per serving, stick to just one.
- Some found the bread to be a little too sweet.
- Uses smaller-than-average loaf pans. If you use a larger pan, see our note in step 1 below.

Banana Sour Cream Bread

allrecipes.com ★★★★★ 5-STAR RATING

armagazine.com/banana-sour-cream-bread

"I know, you're probably thinking, 'Oh no! Another banana bread recipe!' But this one is a little different: The sour cream makes it moist, and it melts in your mouth. The flavor is just wonderful! This is great for gift-giving and holidays. Loaves also freeze well." —ESTHER NELSON

3¼ cups sugar
1 tablespoon ground cinnamon
4½ cups flour
3 teaspoons baking soda
½ teaspoon salt
¾ cup butter, softened
3 eggs
3 cups mashed banana (about 6 medium bananas)
1 (16-ounce) container sour cream
2 teaspoons vanilla extract
1 cup chopped walnuts (optional)

1. Preheat oven to 300°F. Grease four 7x3-inch loaf pans. *[**From our kitchen:** If needed, you can use two 8- or 9-inch loaf pans, and increase baking time to 1½ hours.]* In a small bowl, stir together ¼ cup sugar and 1 teaspoon cinnamon. Dust pans lightly with cinnamon-sugar mixture.
2. Combine flour, baking soda, and salt in a bowl. Cream butter with remaining 3 cups sugar in a large bowl. Mix in eggs, banana, sour cream, vanilla, and remaining 2 teaspoons cinnamon into butter mixture. Gradually stir flour mixture into butter mixture. Stir in nuts (if using).
3. Pour batter into prepared pans. Bake 1 hour to 1 hour and 20 minutes, or until a toothpick inserted into center of loaves comes out clean. Let cool in pans for 10 minutes, then turn out onto a wire rack and cool at least 1 hour before slicing. *[**From our kitchen:** Because of the sugar dusting, the loaves will be sticky when hot.]*

PER 1-INCH-SLICE (2-OUNCE) SERVING 301 CAL, 11.9g FAT (5.7g SAT), 4.2g PRO, 45.8g CARB; 1.6g FIBER; 229mg SODIUM; 43.4mg CHOL

SAID

"I have tried so many banana bread recipes, and this one is the best. The only recommendation I would make is putting aluminum foil over the bread the last 20 minutes in the oven to avoid having the top too dark, but I have to do this with most quick breads." —CARL4869

"If you use fat-free sour cream instead of the regular kind, it won't turn out the same; it will be dry and crumbly. I won't make this mistake again. (It tastes OK, but not as rich.)" —MUFFINHEAD

"I've made this banana bread more times than I can count and this recipe is excellent. I freeze any overripe bananas—whole in the peel—in a freezer bag until there's enough for this recipe. (These are those leftover spotty bananas that no one is going to eat, but you hate to throw away.) If you do this, expect the banana peel to turn black in the freezer, and be forewarned that the bananas are going to be mushy from being frozen, and may have some liquid inside from freezing and thawing. Take the bananas out to thaw a bit before using. When they're partially thawed, just remove the peel and mash the banana." —ASKSKAMMA

Blipp to see how easy it is to make this bread (blipp details on page 2), or go to **armagazine.com/banana-sour-cream-bread-video**

*Show us how your banana bread turns out! Use the hashtag **#AllrecipesMag** when uploading your pics on Instagram or Twitter.*

PHOTOS: KATHRYN GAMBLE. FOOD STYLING: PAUL GRIMES. PROP STYLING: LOR HEJLANDER

Teach Your Children Well

Allrecipes community member Kathryn Adams shares her family's award-winning Peach Blueberry Pie—a recipe that proves cooking is a life skill every kid should learn.

My husband's family is from an Indiana farming community. My mother-in-law, a high school home-economics teacher, encouraged all four of her kids—males *and* females—to learn the same basic skills she taught in her classroom. When my husband was 11 years old, he entered this peach blueberry pie in the annual 4-H fair in Fairfax County, Virginia, and won the blue ribbon.

Decades later, the pie has become a favorite with our own children. My husband helps them make it, passing down what his mother taught him. He takes care of the crust, and the kids make the filling. The four Hs—head, heart, hands, and health—still resonate whenever our family cooks together.

—THE MORTICIAN'S WIFE

SUBMITTED BY the mortician's wife
PREP 30 min
COOK 45 min
READY IN 2 hr 15 min (includes cooling)
SERVES 8 (makes one 9-inch pie)
RATING ★★★★½ 7 reviews

Peach Blueberry Pie

armagazine.com/peach-blueberry-pie

"This recipe comes from the mortician's side of the family. I was wary at first since I had never heard of combining peaches and blueberries, but was swayed after trying it. I now believe this is one of the best pies ever!" —THE MORTICIAN'S WIFE

- **2 (9-inch) pie crusts, store-bought or homemade (see one recipe at armagazine.com/crust)**
- **3 cups sliced (½-inch-thick) peaches (about 1¼ pounds)**
- **1 cup blueberries**
- **2 tablespoons fresh lemon juice**
- **1 cup sugar** *[From our kitchen: This pie is on the sweet side; you may want to reduce the sugar by 2 tablespoons.]*
- **2 tablespoons quick-cooking tapioca**
- **½ teaspoon salt**
- **2 tablespoons butter, cut into bits**

Preheat oven to 425°F *[From our kitchen: Put a sheet of aluminum foil on the bottom of the oven to catch any drips. You can also put the pie on a baking sheet to catch drips, but the crust won't get as crisp.]*

Arrange 1 pie crust in a pie plate, leaving a 1-inch overhang; brush overhang with water. Toss peaches and blueberries in a bowl with lemon juice. Mix together sugar, tapioca, and salt in a small bowl; add to peach mixture and stir to combine. Let fruit stand for 15 minutes, then spoon into crust and dot with butter. Cover filling with remaining crust, press together top and bottom crusts to seal while folding over edge and crimping with your fingers. Cut steam vents in top crust.

Bake until crust is golden brown and fruit is bubbling out of vents, 45 to 50 minutes. Cool in pan for 1 hour before cutting and serving (the filling will set while it cools, and should end up just slightly runny). *[From our kitchen: The pie can stand overnight at room temperature.]*

PER 1-SLICE SERVING 378 CAL, 17.7g FAT (4.2g SAT); 3g PRO; 53g CARB; 2.1g FIBER; 412mg SODIUM; 0mg CHOL

I SAID

Really enjoyed this recipe. I used two store-bought pie crusts ('cuz I was lazy) and laid the second one on top and pinched the edges together. It looked like a semi-professional job when I was done! —TJVARNADOE68

I made a variation of this pie, and it turned out wonderfully. I used flour in place of the tapioca. I also used brown sugar in place of white sugar, and added 1 teaspoon of almond extract. I used a can of blueberry pie filling because that is what I had on hand, and finished with a crumb topping. —CHAJDUGA

Blipp now to tell us about your hand-me-down recipes, or shoot us an email at **feedback@allrecipes.com**

PHOTO: KATE SEARS; FOOD STYLING: PAUL GRIMES; PROP STYLING: KATE PARSONS

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allrecipes

This August & September, we're...

spending a day at the **state fair** (page 54),

getting organized about **midweek meals** (page 72),

making pickles, jams, and relishes with summer produce (page 98),

and making **finger-licking wings** (page 90).

FOOD STYLING PAUL GRIMES PROP STYL MG KATE PARISIAN

PHOTO BY KATE SEARS

Michael

A DAY AT THE
FAIR

498024
State fair season is in full swing, and we're getting into the spirit with homemade versions of carnival favorites. (Funnel cake, anyone?) Loosen your belt, stock up on some napkins, and dig into the deep-fried side of summer.
498024

PHOTOS BY ANDY LYONS

SUBMITTED BY MomMom
PREP 15 min
COOK 10 min
READY IN 55 min
SERVES 6 (makes 24 pieces)
RATING
★ ★ ★ ★ ★
5 reviews

Try serving these bacon skewers with maple syrup or honey for dipping. Is it breakfast? A snack? Or dessert? You be the judge.

FAIR FACT: Bacon is a main attraction at state fairs, where it's dipped in chocolate, chicken-fried, and added to everything from ice cream to funnel cakes. One Minnesota State Fair vendor even sells quarter-pound slabs of it, seared and (naturally) impaled on a stick.

allrecipes 5 STAR RATING

HIDDEN GEM

COUNTRY-FRIED FLOURED BACON

armagazine.com/country-fried-bacon

"Oohs and mmms will be common in your household before, during, and after eating this bacon. My grandmother, my mother, and I all cook it for our family and friends, and it is always a favorite." —MOMMOM

- **1 pound thick-sliced bacon (twelve ¼-inch-thick slices)**
- **2 cups half-and-half**
- **2 cups flour**
- **½ teaspoon black pepper**
- **¼ teaspoon salt**
- **⅛ teaspoon sugar**
- **Vegetable oil for frying**

1. Cut bacon slices in half crosswise, and lay strips flat in a shallow dish. Cover with half-and-half; refrigerate 30 minutes to 2 hours. (This helps reduce curling of bacon during frying, tenderizes it, and adds flavor.)
2. Stir together flour, pepper, salt, and sugar in another shallow dish until blended. *[**From our kitchen:** To make it just a little spicier and sweeter, add another 1 teaspoon pepper and 1 teaspoon sugar here.]* Remove bacon from half-and-half, and shake off excess, dredge in flour mixture, and transfer to a plate.
3. Pour oil to a depth of ½ inch in a deep heavy-bottomed skillet (preferably cast iron), heat to 365°F. *[**From our kitchen:** You'll need 1¾ cups oil for an 8-inch skillet or 2⅔ cups for a 10-inch skillet. If you have trouble with the coating falling off, make sure the oil is at 365°F (375°F is too hot) and double-dredge the bacon in the flour mixture.]* Fry bacon in batches until browned and cooked to desired degree of crispness, 2 to 3 minutes. Drain on a paper towel.

Note from MomMom: This is excellent for breakfast, snacks, or taking your BLT to a place it has never been before.

PER 4-PIECE SERVING 695 CAL; 46g FAT (13g SAT); 33g PRO; 34g CARB; 1g FIBER; 1,404mg SODIUM; 91mg CHOL

SAID

"This was a great bacon upgrade! LOVED it! My husband and son loved it as well." —STACY_124

"Very nice. A little extra work, but worth it." —ROBIN43

FOOD STYLING: JILL JUST PROP STYLING: SUE MITCHELL FERRIS WHEEL ILLUSTRATION: SHUTTERSTOCK

SUBMITTED BY Olivia C
PREP 10 min
COOK 20 min
READY IN 30 min
MAKES 30
RATING ★★★★½
115 reviews

FAIR FACT: Cows sculpted from butter are a tradition at several state fairs. Ohio featured its first cow-calf butter duo in 1903; Iowa offered its first butter cow in 1911. Other states with butter cows include Illinois, Kansas, New York, and Utah.

DEEP-FRIED OREOS

armagazine.com/deep-fried-oreos

"This is a carnival favorite where I grew up. Oreos get dipped into pancake batter and fried—yummy! You can do this with or without a deep-fryer." —OLIVIA C.

Vegetable oil for frying, plus 2 teaspoons
1 egg
1 cup milk
1 cup pancake mix *[From our kitchen: You might need more than this, depending on your pancake mix, to get the batter thick enough to coat. We needed 1½ cups.]*
1 (15.25-ounce) package cream-filled chocolate sandwich cookies *[From our kitchen: If you have time, put the cookies in the freezer a few hours before making this recipe. It'll minimize mess and help the batter adhere.]*

Blipp it watch it, cook it! Or visit **armagazine.com/deep-fried-oreos-video**

1. Pour oil to a depth of 2 inches in a deep heavy-bottomed pot (preferably cast-iron) or a deep-fat fryer; heat to 375°F. *[From our kitchen: You'll need about 4 cups oil for a 6-inch pot or 7 cups oil for an 8-inch pot.]*
2. Whisk together egg, milk, and 2 teaspoons oil in a bowl until smooth. Stir in pancake mix until no dry lumps remain.
3. Working in batches of 4 or 5, dip cookies in batter and carefully lower into hot oil using a slotted spoon. Fry until batter is golden brown, about 2 minutes. *[From our kitchen: If there are any bits of batter left behind in the oil, scoop out and discard them before adding another batch.]* Drain on paper towels, and let cool slightly before serving.

PER COOKIE 156 CAL; 9.8g FAT (1.6g SAT); 1.8g PRO; 16g CARB; 0.5g FIBER; 152mg SODIUM; 16mg CHOL

SAID

Really yummy! Worked great. This made me very popular with the neighbors and my kids! —LISARON$

This is a heart attack on a plate, folks...but you might as well die happy. I NEVER thought I would EVER make anything like this. But the deep-fryer was out, the oil was clean, and I had all the ingredients. So...anyhow. I tasted the first one, then ate it. Then ate another one. Gosh, it was good. I cook for a living, and one of my snootiest clients tried one and now is bound and determined that we will serve these with homemade ice cream at her next dinner party. —CYN

Very good and fast to make. My advice: Use Double Stuf Oreos; regular ones almost "disappear" in the batter. —JKOPIO

If you make the batter thicker, it is so much better. We added an extra cup of the pancake mix, and they were perfect. Enjoy! —GALAFRAZ

These are meant to be eaten right away. Ever had funnel cake? NOT GOOD THE NEXT DAY—and not the fault of the recipe! You fry it, you eat it. That's the way it was meant to be. You do not save it for later! —PAULA W

You can also use the same batter with almost any candy (Snickers, Reese's, etc.), but make sure you refrigerate it first. —USA

SUBMITTED BY
Markg238
PREP 15 min
COOK 15 min
READY IN 30 min
SERVES 16
RATING
★ ★ ★ ★ ½
18 reviews

WISCONSIN FRIED CHEESE CURDS

allrecipes.com/fried-cheese-curds

"Real Wisconsin fried cheese curds!" —MARK0231

Vegetable oil for frying
1 cup flour
½ teaspoon salt
¼ cup milk
2 eggs
¾ cup beer (half a 12-ounce can)
2 pounds cheese curds, broken apart
[From our kitchen: You'll want to keep the curds cold until you're ready to dip and fry them; that way the cheese doesn't melt away in the hot oil before the fried batter seals it in.]

1. Pour oil to a depth of 3 inches in a large heavy-bottomed pot (preferably cast-iron) or a deep-fat fryer; heat to 375°F *[From our kitchen: You will need about 3 quarts of oil and a 5-quart pot.]*
2. Whisk together flour, salt, milk, eggs, and beer to form a smooth, rather thin batter.
3. Working in batches of 6 to 8, put curds in batter and stir to coat. Remove with a small wire-mesh strainer or a slotted spoon, shaking curds to remove excess batter. Fry curds until golden brown, 1 to 2 minutes. Remove from oil with a slotted spoon. Drain on paper towels; serve hot.

PER 2-OUNCE SERVING 370 CAL; 31g FAT (13.6g SAT); 15.9g PRO; 7.3g CARB; 0.2g FIBER; 436mg SODIUM; 86mg CHOL

FAIR FACT: The Wisconsin State Fair has offered its signature Cream Puffs since 1924. It takes 14,000 gallons of whipping cream, 200,000 eggs, and 350 pounds of butter to make the 350,000 puffs served, on average, during the fair's 11-day run.

FAIR FACT: It took a Texas fair vendor more than two years to figure out how to encase liquid beer in ravioli-like pockets of fried pretzel dough, creating Fried Beer. (Other "fried" drinks—from Coke to Kool-Aid—involve stirring the beverage into batter and then frying it.)

Cheese curds are large, irregularly shaped lumps of fresh cheese (usually cheddar) with a firm but springy texture and a mild, salty flavor. They're sometimes called "squeaky cheese" because the super-elastic proteins in the freshest curds make a squeaky noise as you chew them. Ranging in color from white to yellow to orange, they're at their best (and noisiest) within a day of being made—one reason they're found mostly in dairy-producing regions...and downright famous in Wisconsin.

SAID

Are you kidding me? These were SOOOOOOO good—just like at the fair. The trick is to find cheese curds—not so easy in my area. Not so healthy, but when something tastes this good, who cares? —MRSOOFIE

The recipe is very good as is, but if you would like more kick, here is a suggestion: Add 1 teaspoon cayenne, 1 teaspoon black pepper, 1 tablespoon paprika, and 1 tablespoon garlic powder to the batter. —PLEASUREDEAL

As a Wisconsin dairy farming family, we had to try this. It was terrific! The taste was everything we had hoped for. We used fresh Mullins Cheese Curds. We laid them out flat on a cookie sheet in the freezer for a few minutes before dipping them in batter. This keeps the cheese from puddling in the hot deep-fryer. I also topped them with another sprinkle of salt. —COOKIN&MAMA

As a born-and-bred Minnesotan now living in Los Angeles, I was truly depressed to miss the state fair (for the first time ever!) this year. I knew what I had to do—replicate those little golden nuggets of goodness. And this recipe is AMAZING. I feel like I just left the Mouth Trap (a cheese curd stand) in the Food Barn. —EMILYSCHMIDT19

If you do not have an electric deep-fat fryer, invest in an instant-read digital thermometer so you can keep your oil temperature correct. Too hot or too cool, and your curds will not fry well! —NICOLE T.

HOW MUCH OF A FAIR FOODIE ARE YOU?
Do you know your Double-Decker Doozy from your Picnic on a Stick? Blipp this page to take our quiz and test your state fair food IQ! (Blipp details on page 2.)

ELEPHANT EARS

armagazine.com/elephant-ears

"Crispy cinnamon-sugar fried bread confections!" —LEEMA

- ¾ cups milk
- 3 tablespoons shortening
- ¼ cup sugar
- ½ teaspoon salt
- 1 tablespoon active dry yeast
- 2 cups flour
- Vegetable oil for frying
- 1½ tablespoons cinnamon

1. In small saucepan over medium heat, combine milk, shortening, 1 tablespoon sugar, and salt. Heat until shortening melts and sugar dissolves. Remove from heat and let cool to lukewarm, 110°F. Sprinkle in yeast, and let sit until foamy, about 2 minutes.
2. Transfer mixture to a large bowl, and stir in enough flour to make a dough. Knead dough on a lightly floured surface until smooth. Transfer to an oiled bowl, and turn dough so it's oiled all over; cover and let rise at room temperature until doubled in volume, about 30 minutes.
3. Pour oil to a depth of 1 inch in a deep, heavy-bottomed skillet (preferably cast iron) or a deep-fat fryer; heat to 375°F. *[From our kitchen: You'll need 3½ cups oil for an 8-inch skillet or 5⅓ cups oil for a 10-inch skillet.]*
4. Divide dough into fifteen 2-inch balls, and roll each ball into ⅛-inch-thick sheets on a lightly floured surface. Working with 1 sheet at a time, carefully lower sheets into hot oil. Fry 1 minute per side, or until puffed and golden, turning with tongs. Drain on paper towels. *[From our kitchen: These puff up as they cook. Just let them puff; if you poke them to deflate them, they will fill up with oil, which is NOT what you want.]*
5. Combine cinnamon and remaining 3 tablespoons sugar. Sprinkle over warm elephant ears.

PER 1-PASTRY SERVING 233 CAL; 17g FAT (2g SAT); 2g PRO; 17g CARB; 1g FIBER; 84g SODIUM; 1mg CHOL

Blipp to see how other fair favorites like Kettle Corn and Deep-Fried Candy Bars are made! Or visit **armagazine.com/fair-food-videos**

WE SAID

This is it! I grew up in Indiana, and at the state fair we ALWAYS had an elephant ear. The only difference may have been that they lightly brushed them with melted butter before dousing them with cinnamon sugar. These fry up nicely with bubbles in the dough and everything. So delicious! —JOURLAND

When I was melting the shortening/milk/sugar mixture, I thought this was a huge mistake. But it really turned out perfect in the end. The only thing I did differently was adjust the topping (much more sugar, much less cinnamon). —STACEY

These taste just like the ones at the circus! Too good. Don't roll too thin; you'll get a cracker. I dusted mine with powdered sugar. Definitely a keeper. —CPA

I used buttermilk and omitted the cinnamon (I'm from Fort Wayne, Indiana, and I have never seen them offered with cinnamon). I topped them off with strawberries (soaked in sugar) or Nutella. They are delicious and very filling. Great base recipe. —PSTARKS

We made these with half whole-wheat flour and half white flour, and they turned out great. The kids had fun making them. —LISA

FAIR FACT: State fairs are famous for giant, record-breaking, scale-crushing vegetables—to look at if not necessarily to eat. An entry in the Alaska State Fair's cabbage weigh-off made the Guinness Book of World Records in 2012, tipping the scales at 138¼ pounds!

FAIR FACT: Big Tex, the 55-foot-tall cowboy mascot of the State Fair of Texas, started his life as a Santa Claus. The original statue was "discovered" by a former state fair director, given a cowboy makeover, and installed at the fair in 1952.

FAIR FACT: New York lays claim to the nation's first state fair; it was held in Syracuse back in 1841. And Florida stages the nation's earliest state fair of the year. It's not in May. Or April. Or even March. No, sir: It's in February. *February!*

These are likely to be eaten as soon as they come out of the fryer. But if you want to make them ahead and serve the whole batch warm, put them on a baking sheet for a few minutes in a 250°F oven after frying.

SUBMITTED BY
LEEMA
PREP 20 min
COOK 30 min
READY IN
1 hr, 20 min
MAKES 15
RATING
★★★★½
77 reviews

SUBMITTED BY SUZZANNA
PREP 20 min
COOK 20 min
READY IN 40 min
MAKES 16
RATING ★★★★½
503 reviews

CORN DOGS

armagazine.com/corn-dogs

"I made up this recipe many years ago because I loved the corn dogs you buy at carnivals but could not find a recipe for them. They're great served with mustard." —SUZZANNA

- **1 cup yellow cornmeal**
- **1 cup flour**
- **¼ cup sugar**
- **4 teaspoons baking powder**
- **¼ teaspoon salt**
- **⅛ teaspoon black pepper**
- **1 egg**
- **1 cup milk**
- **Vegetable oil for frying**
- **16 beef hot dogs**
- **16 wooden skewers**

1. In a bowl, combine cornmeal, flour, sugar, baking powder, salt, and pepper. Stir in egg and milk. *[**From our kitchen:** If your batter seems too thick for dipping, add 2 to 3 more tablespoons milk. To make dipping the dogs easier, pour the batter into a 1-quart jar or a tall, wide-mouthed glass and refrigerate it for 10 minutes, while the oil heats.]*
2. Pour oil to a depth of 1½ to 3 inches in a deep, heavy-bottomed skillet or pot (preferably cast iron), heat to 365°F. *[**From our kitchen:** Buy at least 2 quarts oil to ensure you have enough to submerge the dogs while they are skewered. An oil depth of 1½ inches will work in an 8-inch or wider skillet, but you'll need 3 inches in a smaller saucepan.]*
3. Pat hot dogs dry, then insert a wooden skewer a little more than halfway into each. *[**From our kitchen:** You'll have enough batter for 16 regular-size hot dogs or 9 bun-length hot dogs.]*
4. Dip hot dogs in batter and twirl until well coated. Working in batches of 2, submerge hot dogs (but not skewer "handles") in hot oil, fry until batter is lightly browned, about 3 minutes. Drain on paper towels.

PER 1-CORN-DOG SERVING 318 CAL, 22.9g FAT (7.6g SAT); 8.6g PRO; 19.2g CARB; 0.6g FIBER; 776mg SODIUM; 44mg CHOL

Blipp to see how easy this is to make! Or visit **armagazine.com/corn-dog-video**

FAIR FACT: The humble corn dog, a perennial favorite known by many names, is one of the longest-lived fair foods. The Corny Dog has been served at the State Fair of Texas since 1942, and the Pronto Pup has been enjoyed at the Minnesota State Fair since 1947

SAID

Oh my goodness! I've finally found it: the perfect corn dog recipe. This takes me back to the county fair, and the batter is nice and thick and sticks well. The kids are insisting I make it again tonight, and they don't have to twist my arm. —CHEEKYMAN

I loved that I could use good quality kosher hot dogs. You don't always know the quality of meat in ready-made corn dogs! Make sure your oil is the perfect temp (365°F was perfect for me). If it is too hot, the outside will burn and the inside batter will be raw. If it is not hot enough, the batter will slide off. —TAXI 44

I was really surprised when I found out that I had everything on hand to make homemade corn dogs. I substituted honey for the sugar and skipped the black pepper, and they turned out great. —PANI

They taste just like the ones at the fair! I had been searching for a recipe for these corn dogs for a long time, and I finally found it. —QUEEN OF CAKES

We used this recipe and sold corn dogs at our local festival. We had customers come back and tell us that they were the best corn dogs they ever tasted. Some people even bought more. Cha-ching! —LAJUNE

FUNNEL CAKES IV

armagazine.com/funnel-cakes-iv

"Bring the carnival home to you!" —TINA

- **3⅔ cups flour**
- **2 teaspoons baking powder**
- **½ teaspoon salt**
- **3 eggs**
- **¼ cup sugar**
- **2 cups milk**
- **Vegetable oil for frying**
- **2 tablespoons powdered sugar, or as needed** *[From our kitchen: For a generous dusting, you'll need about ¼ cup, sifted through a fine-mesh sieve right onto the cakes.]*

1. Mix together 1¾ cups flour, baking powder, and salt in a bowl. Whisk together eggs, sugar, and milk in a large bowl. Add flour mixture, and beat until smooth. Continue to add remaining flour, using only enough to achieve desired consistency. Batter needs to be thin enough to run through a funnel. *[From our kitchen: You want it the consistency of honey or molasses, with no lumps that could get stuck in the funnel. Though some reviewers used less, we had to use all the remaining flour.]*
2. Pour oil to a depth of 1 inch in a deep, heavy-bottomed skillet (preferably cast-iron), heat to 375°F. *[From our kitchen: You'll need 3½ cups oil for an 8-inch skillet or 5⅓ cups oil for a 10-inch skillet.]*
3. Pressing one finger over bottom opening of funnel, fill funnel with ½ cup of batter. Hold funnel close to surface of oil, and release batter into oil while moving funnel in a circular motion. *[From our kitchen: Use a funnel with a bottom opening that's less than ½ inch wide, and make fast circles and figure eights with your wrist as you release the batter into the oil.]* Fry until golden brown and crisp, about 1 minute per side, using tongs to carefully turn cake over. Drain on paper towels. Dust with powdered sugar. Repeat with remaining batter.

PER 1-CAKE SERVING 316 CAL; 11.8g FAT (2.3g SAT); 8.3g PRO, 44g CARB, 1.2g FIBER; 256mg SODIUM; 67mg CHOL

Blipp now to see how it's done! Or visit **armagazine.com/funnel-cakes-iv-video**

SUBMITTED BY Tina
PREP 10 min
COOK 20 min
READY IN 30 min
MAKES 10
RATING ★★★★½
322 reviews

SAID

WARNING: Don't make these funnel cakes if you care about the size of your butt. Dang! Fantastic. Addictive. Much, much too easy to make :o) —REMODELING ME

Perfect! My wife LOVES funnel cake. I whipped these up for her as a surprise, and she thought—for a brief moment—that I was truly the best man in the world. Making these at home is way easier than I ever thought, and they're as good as any I've paid $5 for at the fair. —JJKETARK

Yum! Just make sure you have the temp high enough, or you will be disappointed. If anything, make it a few degrees higher so that, when you add the batter and the temp drops, you will still have a wonderful funnel cake. —NSCOOBER2

Just like being down at the shore! I added about a tablespoon of vanilla and a pinch of nutmeg. My son gobbled one of them up immediately! I will definitely be making these again! —APRILH

No funnel? No problem! Resourceful Allrecipes community members recommend using a clean, empty, squeezable ketchup bottle, a measuring cup with a pour spout, or a pastry bag. In a pinch, you can also use a heavy-duty zip-top plastic bag with a corner snipped off.

DEEP-FRIED DILL PICKLES

armagazine.com/deep-fried-pickles

"Delicious dill pickles are battered, then fried. This recipe also works well with other pickled vegetables, like pickled peppers." —MARBALET

- **2 eggs**
- **2¼ cups flour**
- **1 cup buttermilk**
- **1 tablespoon Worcestershire sauce**
- **½ teaspoon hot pepper sauce**
- **¾ teaspoon cayenne pepper**
- **¼ teaspoon seasoning salt**
- **¼ teaspoon garlic powder**
- **1 cup cornmeal**
- **¾ teaspoon black pepper, plus additional to taste**
- **Vegetable oil, for frying**
- **1 (32-ounce) jar dill pickle slices, drained** *[From our kitchen: We used oblong pickle slices but spears or round pickle chips would work, too.]*
- **Salt to taste**

1. In a large bowl, combine eggs, ¼ cup of flour, buttermilk, Worcestershire sauce, hot sauce, cayenne, seasoning salt, and garlic powder. In a separate bowl, combine cornmeal, remaining 2 cups flour, and black pepper.
2. Pour oil to a depth of 1 inch in a deep, heavy-bottomed skillet (preferably cast iron) or a deep-fat fryer; heat to 365°F. *[From our kitchen: You'll need 3½ cups oil for an 8-inch skillet or 5⅓ cups oil for a 10-inch skillet.]*
3. Dip pickle slices into milk mixture, and then dredge in flour mixture. Working in batches, fry pickles until golden brown, 2 to 3 minutes. *[From our kitchen: Use a slotted spoon to transfer pickle slices into and out of the hot oil and to fish out any stray bits of batter from the oil between batches.]* Drain on paper towels. Season with salt and black pepper.

PER SERVING (7 ROUND OR 3 OBLONG PICKLE SLICES, OR 2 SPEARS) 273 CAL; 15 FAT (2g SAT); 5g PRO; 30g CARB; 1g FIBER; 602mg SODIUM; 33mg CHOL

Blipp it, watch it, fry it! Or visit **armagazine.com/fried-dill-pickles-video**

SAID

I tried it; I liked it. I tried it again; I loved it. Use a good quality pickle (the first time, I used cheapo pickles); it makes all the difference. I love it with ranch dip. —SANDY RICHARDS

These pickles were AMAZING! We brought them to a party, and they were devoured within minutes. I followed the recipe exactly, and we fried them in our small Fry Daddy. Perfection. —WASTINGTYM

I mixed all the ingredients together to make a batter per other reviewers. Came out great! —SNMAXIES3

These are awesome. In between state fairs, making them at home seems almost like cheating. —MELLENTSCH

FRY IT, YOU'LL LIKE IT

Deep-frying at home may sound daunting and messy. But it doesn't have to be. Here are tips for fearless frying. —SANDYG

Start with a **deep, heavy-bottomed pot or skillet** (cast-iron is ideal, but a durable stockpot will work, too). It should be deep enough to submerge the food you're cooking in oil with a couple inches of headroom above the oil. Next, get a **deep-frying/candy thermometer** that clips to the side of the pot and goes up to at least 400°F. Grab a pair of tongs or a slotted spoon, and you're all set.

For easier cleanup, **shield your splatter zone:** Spread a layer of brown paper or newspaper on the floor in front of the stove. If your stove has a vent hood, turn on its fan. Line a plate with paper towels. Tie on an apron, or put on a shirt you don't care about.

Pour enough oil into the pot to submerge the food you're frying. For most foods, an oil depth of 1½ to 2 inches is sufficient and, depending on the size of your pot, 1½ to 2 quarts of oil will do the trick. You want an oil with a smoke point of at least 400°F. (See page 89 for more on oil types and smoke points.)

Clip the thermometer to the inside of the pot, making sure the tip is in the oil but not touching the bottom, and **heat the oil to 350°F to 375°F,** the best temperatures for frying. If you don't have a thermometer, drop a cube of bread into the hot oil; if the bread turns golden in 30 to 60 seconds, you're good to go.

Shake excess batter from the food you're about to fry (because more moisture = more splattering). Use your tongs or slotted spoon to **gently submerge** the food in the hot oil. (You're not dropping it in so much as just setting it on the surface and letting it sink.) Stand back and keep hands clear as the oil bubbles up.

Adjust the heat as needed to **maintain frying temperature.** (If the oil isn't hot enough, the food will absorb it and become soggy. The oil temp drops when you add a lot of cold food at once, one reason it's best to **work in small batches.**) You'll know the food is done when it's golden brown and crisp. Lighter items, such as vegetables, fish, and fritters, will even float to the surface.

When the food's cooked, transfer it to a paper towel–lined plate to drain excess oil. Season with salt or powdered sugar (if using) immediately so that it will stick.

Unless your oil has become cloudy or darkened or you've fried fish in it, you can save it for another use. Let it cool, strain it through a paper towel– or coffee filter–lined sieve to remove any food particles, and store it in the refrigerator or freezer for up to a month.

SUBMITTED BY
MARBALET

PREP 10 min

COOK 10 min

READY IN 20 min

SERVES 12

RATING
★★★★½
148 reviews

It's been six months since they began their juicing experiment, and Jen and her daughter, Hannah, still start every morning with a veggie juice.

giving JUICING a whirl

BY JENKINGLINDLEY

I gazed at the rows of jewel colored elixirs displayed in a refrigerated case at my local supermarket. Gently lit to give them an almost magical glow, the bottles described mysterious combinations—kale, ginger, fennel, pear, chard. Their price tags hinted at their power—$10 for a bottle that was just a little bigger than a Coke can. →

PHOTOS BY LUCY HEWETT

From left to right: Jen preps for a carrot juice blend; all the fixin's for a green smoothie (baby kale, celery, frozen mango, and flax seeds); the Vitamix pulverizes a pile of kale; and the novelty of pushing whole veggies into the juicer still hasn't worn off.

I could just imagine my parched cells shouting *Hallelujah! Finally!!* as a potent river of phytonutrients washed over them. While I lingered, a passing clerk offered, "We sell a lot of those People say they feel great after drinking them!"

Once, juice was merely an ordinary staple of the breakfast table, having a V8 was considered downright gourmet. Now, juice has become designer—handcrafted, cold pressed, artisanal—and gets squeezed out of unlikely plant powerhouses such as spinach and lemon grass. Trendy juice bars serve up a rainbow of concoctions with names like Immunity Power. I wanted to see what all the excitement was about, but I wasn't about to spend $10 a pop. So I decided to try my hand at juicing at home.

I like to cook. I like to chew things. So my goal here was not to attempt a multiday juice-only "cleanse" (though Gwyneth *has* been bugging me to do that with her). I just wanted to get closer to consuming the USDA recommended five to nine daily servings of vegetables and fruits that I often found hard to fit in. Slugging down a daily juice seemed like an easy way to get more veggies. Plus, this salad-in-a-glass idea suggested I could go beyond my personal-comfort-zone vegetables and slip some healthy new options into my kids' diet too: collard green juice camouflaged among the blueberries, perhaps. I fantasized about flipping through the morning paper, virtuously sipping my homemade melon-kohlrabi-cilantro juice.

[illegible], WITH A BLENDER...

Like coffee machines, juice makers come in a range of prices and models, from the most basic to the all-you-need-is-the-drive-through-window professional grade. For my first attempt at juicing, I pulled out our decidedly unfancy blender, an old Hamilton Beach that had previously enjoyed a long but less-lofty career making milk shakes and frozen margaritas.

Because blenders do not extract the juice but simply purée the whole fruit and vegetable, the resulting beverage is considered by purists to be a "smoothie," not a technically a juice. But what are mere words when you have just guzzled half a bag of liquefied romaine for breakfast?

I followed a basic green smoothie recipe I found online: a quarter cup of water, half a dozen chunks of frozen mango, a couple of cut-up celery sticks, and a few generous handfuls of precious baby kale leaves, in that order. Blend until smooth and frothy. My 16-year-old daughter, Hannah, gazed down at the pond-life brew with suspicion. But after the first sip, my skeptic declared, "This is awesome!" And it was! The frozen mango was enough to add an icy hint of sweetness to the vegetables, creating a deliciously mild foamy freshness. My crude calculations suggested I had produced a healthy green drink for about a fifth of the price of the fancy juices I had so admired.

If you use a basic blender like I did, small pieces of softer, more watery fruits and vegetables seem to work best: greens cucumbers celery, tomatoes, bananas, avocados, watermelon.

Using frozen fruit—berries, mangoes, peaches—is easy (no prep), means you don't have to add ice for a deliciously cold result, and is typically cheaper than using the fresh variety.

You can experiment with all kinds of vegetable and fruit combinations, though if you're counting calories, the goal is to go heavy on the vegetables, then add just enough fruit for sweetness. (A well-thumbed guide here was *The Juice Lady's Big Book of Juices & Green Smoothies*.) I found smoothies a great way to use up whatever was loitering in the produce drawer—a slightly bruised peach, the half cucumber left over from a raita recipe. A 3-veggie-to-1 fruit ratio is a good goal. If need be, you can start fruit heavy and, over time, gradually boost the percentage of vegetables in your drinks as your taste buds adapt.

Some recipes encouraged me to blend up some less obvious vegetables—sweet potatoes, turnips. I was not brave enough to try these tougher customers on my very basic blender. I imagined the smell of engine smoke, the groan of a locked blade. For these, I pulled out the big gun, our trusty Vitamix. True, this kind of powerful, higher-end blender (a pulverizer, if you will) isn't cheap—we got our reconditioned model for about $300. But the thing is versatile. I also use ours to make soups, applesauce, and desserts. It doesn't just hang around forlornly hogging the counter, hoping for its occasional big moment. And if you want to add seeds or nuts to get in a little healthy fat, a high-end blender is powerful enough to grind them up right into your drink. I like to toss in flax seeds for added Omega-3s.

ENTER THE [illegible]...

Blenderized fruit and veggie drinks became a frequent breakfast choice as we dashed out the door. Sending my teenage daughter off with a big serving of kale already on board made me feel like parent of the year. (My 13-year-old son, Ethan, remained unconvinced by these concoctions. "This tastes like drinking celery," he complained, pushing aside his spinach-celery-peach smoothie. He would deign to drink fruit-only smoothies.)

Still, I was not satisfied. I wanted to try a *real* juicer that extracted only the juice itself. Enthusiasts claim that because juicers distill all the vitamins and minerals into a nutrient-dense form, you get literally pounds of plant goodness in one little glass. Immune systems hum. Complexions glow. (See page 70 for nutritionists' perspectives on such claims.) So I purchased an actual juicer—a well-reviewed midrange model, Breville's Juice Fountain Compact—for about $100.

There was giddy fun to be had in pushing all kinds of fruits and vegetables into the hopper. You can use much bigger pieces in a juicer—I could insert whole carrots rather than having to cut up chunks as I did with my Vitamix—so in many cases the prep was quicker. Many fruits and vegetables can be tossed in, peels and all. The high-speed metal blade inside extracts the juice from the pulp, and bright fluid flows out the spout.

The resulting drink was delectable. After my first sip of carrot-apple-celery juice, I expected someone to come and drape me with seaweed—I was sure I had been transported to a fancy

The Juicing Craze:
HEALTHY OR JUST HYPE?

Juicing is certainly buzzworthy. Celebrities have abandoned their lattes and now tote glasses of colorful concoctions instead. Proponents claim juicing can help you lose weight, detoxify, boost immunity, even cure chronic illnesses. So is it really the new fountain of youth?

Nutrition experts preach a cautious middle ground here. "Home juicing can be a part of a healthy diet," says Heather Mangieri, a registered dietitian in Pittsburgh and owner and nutritional consultant at Nutrition CheckUp. "If you are looking into incorporating more fruits and vegetables into your day, having a glass of homemade juice can be a great way to do that." You get a burst of vitamins, minerals, and phytonutrients in a tasty form, and you have full control over what goes in.

Mangieri recommends making your juices in a good blender rather than a juice-extracting machine that removes the pulp. "Blenders let you throw in the whole fruit so you get the benefit of the fiber as well," agrees Joan Salge Blake, a clinical associate professor at Boston University's Sargent College of Health and Rehabilitation Sciences and the author of *Nutrition and You*. "The fiber is like the broom of your GI tract, sweeping food along and helping you eliminate waste." Because fiber makes you feel full, preparing your drinks this way also leaves you more satisfied and curbs your hunger better.

While enthusiasts claim that extracting the juice allows you to pack the health benefits of pounds of fruits and vegetables into one glass, Mangieri isn't convinced. "You are getting a concentrated amount, but that is not necessarily a good thing. It is very easy to drink a 250-calorie beverage and still feel hungry." She will often place three apples in front of a client. "I'll ask, would you ever sit down and eat all these at once? But you wouldn't think twice about doing that if you had juiced them."

Both experts agree that juice should be just one part of a well-balanced diet. "You don't want to be sipping this all day long and crowding out lean protein, grains, and whole fruits and vegetables," says Blake. As for the idea that a juice-only cleanse can detoxify, "It's not necessary to cleanse the body if you are eating a healthy diet. Your body is smarter than that," she says.

Some tips for healthy home juicing: Go heavy on the veggies, lighter on the fruit to keep calories from piling up. "I love kale and collard greens, and add green grapes and half a green apple to add sweetness," says Mangieri. Clean the produce you are going to use under cold running water with a vegetable brush, being sure to wash away dirt and bacteria (no special wash products needed). Going organic is wonderful if you're concerned about pesticides, but it's not a deal-breaker. "Science to date suggests there is no nutritional advantage of organic compared to traditionally grown foods. I buy what's on sale," says Blake.

She concludes, "As part of a healthy, well-balanced diet, a glass of homemade juice can be wonderful. But there is nothing magical about it."

Ethan doesn't share his family's enthusiasm for veggie juices—it's fruit-only for him.

seaside health spa. It had a bright, clean aroma and a taste bud-buzzing freshness. The juicer got me enjoying vegetables I had previously avoided (think beet juice).

Scrumptiousness aside, I found a few drawbacks to the juicer compared to the blender. It takes a LOT of produce to create even two small glasses of juice, so it's more expensive. (Carrot juice for two needs four small apples, four medium carrots, and four stalks of celery). You can't use cheaper frozen fruit in my model either—only fresh. The thrifty Yankee in me was slightly chagrined by all the waste in this process. Producing two glasses of juice created half a plastic supermarket bag of shavings that I would dump guiltily on my compost pile. Guides like *The Reboot with Joe Juice Diet* cheerily suggest this by-product can be repurposed in soups and casseroles. Maybe in another lifetime.

Cleanup is no joke. There are several large parts to the juicer that I have to either wash by hand or try to wedge all at once in the top shelf of the dishwasher like a complex puzzle. If cleanup is not your thing, a blender may make more sense—you just fill it halfway with soapy, warm water, whirr, and rinse.

Nonetheless, unlike some other cast-aside appliances that seemed like *such* a good idea at the time (anyone need a suitcase-sized pasta extruder?), both my blenders and juicer have proved to have staying power, surviving the honeymoon phase and remaining in regular rotation. True, we may not be healed. We may not be cleansed. But I think we *are* eating healthier, as juicing almost every day has definitely upped our intake of a rainbow of nutrient-packed fruits and vegetables. Since we started six months ago, we've consumed more kale than a herd of hamsters. Our produce drawer needs a revolving door. Afternoons when my energy slumps and the Oreos sing their siren song, I will now—OK, most of the time—whip up a pineapple-yellow pepper-lemon sunrise instead. Could it really be only the placebo effect that makes me feel a little boost of alertness and energy afterward? Cheers!

JUICER PHOTOS: MARTY BALDWIN

juicy devices

In addition to the normal 40-ounce blending container, the newest member of the **Vitamix** "compact" family, the **S30,** has a 20-ounce individual-size container that doubles as a travel cup. *$409, vitamix.com*

The heavy-duty **KitchenAid Artisan Series blender**—with 5 speeds, ice-crushing capability, and pulse mode—can take all the blending punishment you can give. *$130, kitchenaid.com*

Can't decide between a juice extractor or a blender? **This Oster Juice & Blend 2 Go** does double duty: a juice extractor that converts to a personal-size blender with a few simple clicks. *$50, oster.com*

»make a plan

PHOTOS BY KATE SEARS

While you can't buy time (wouldn't it be fabulous if you could?), there *is* a way of getting more of it. The magic words are **MEAL PLANNING.** BY SANDYG

Maybe the thought of planning a week of meals all at once is overwhelming. Or maybe you're thinking "that's not for me" or "it's too hard" or "it takes too much time" or "I like doing things on the fly." (Admittedly, the very phrase "meal planning" sounds utilitarian and boring.) But unless you're one of those rare birds living a life of total leisure, we bet you'd like a few more hours in the week and more stress-free days. Meal planning isn't so bad—it's something you really *can* manage if you put your mind to it. And once you have, it gets easier each time you do it. Imagine being able to bank those hours you spent spinning your wheels in the supermarket!

There's no right or wrong way to meal plan, so go with whatever feels most comfortable for you. Below are some basic suggestions, but there's really only one rule: Get organized.

» First things first. **Take a look at your calendar and plan around what's happening**—early soccer practice, a book club meeting, a business trip, or an after-school program might dictate how much time you have to prepare dinner. Perhaps you'll need a slow-cooker meal for a busy day or something that can be made ahead and frozen for your family if you have to go out of town. (If there's a night when you know the family is eating dinner at a friend's house, you get a pass on that meal.) Resist the urge to plan two to three weeks out—just stick with seven days (and one trip to the supermarket).

» Now grab a pencil and paper or your smartphone or your tablet—whatever you use for notes—and start jotting down possible recipes. **Build meals around the proteins you know your family likes** (see some of our recipe picks for popular proteins, starting on page 76). This is an easy way to begin planning, and it also lets you buy in bulk if you see a good deal, so you can stockpile some meals at reduced prices.

Try to choose recipes that share some common vegetables and staples; this will shorten your grocery list, and you'll use everything up. For instance, a large head of broccoli, lettuce, or celery may find its way into, or onto the side of, more than one meal; the same is true for bunches of herbs. (See? Planning helps you and your family eat better too because now you have time to think about veggie side dishes or salads to accompany the main meal.) Or let one meal do double duty: A large meatloaf one night will have leftovers to crumble into a tomato sauce for pasta on another night.

» Don't get overwhelmed by the "finding recipes" part. We know you love perusing recipes and thinking about dishes you'd like to make—you wouldn't be reading this magazine if you didn't! While cooking can sometimes feel like a chore, it's also a source of pride and creativity, so **have fun hunting for recipes beyond your regular-rotation dishes**. Pull out those cookbooks or magazines you've dog-eared and see if any of those recipes will work this week, go to your online recipe box and revisit what you have saved. Some people find it helpful to create "theme" nights to guide them: Mexican Mondays, Chicken Tuesdays, Pasta Wednesdays, Stew Saturdays...you get the idea.

FOOD STYLING: PAUL GRIMES; PROP STYLING: KATE PARSIAN; ICONS: SHUTTERSTOCK

A sample 5-day menu plan might go something like this:

have Broiled Tilapia Parmesan (armagazine.com/broiled-parmesan-tilapia) that uses Parmesan, butter, and mayo along with spices you probably have in your cupboard. Pick up a head of broccoli, use half of it here, and serve the rest with Wednesday's chicken dish.

is Turkey Picadillo II (armagazine.com/turkey-picadillo-ii); ground turkey gets simmered with tomato sauce, black beans, and green olives. It's packed with vegetables, so all you need is a side of rice.

it's Chicken Breasts with Olives (armagazine.com/chicken-breasts-with-olives), using remaining olives from Tuesday's dinner and some butter from Monday's tilapia.

» **Put the recipes into your calendar, starting the week with the dishes that have the most perishable ingredients** and finishing with a pantry meal (by "pantry" we mean your freezer, fridge, and cupboard combined). If fish is on the menu, plan to use it on day one unless you've bought it frozen, in which case you could plug it in any day you like. Next up would be ground meat or poultry. Chicken, beef, pork, and lamb would be next, and, finally, a pantry meal. (Bonus: Flip to see the USDA's chart of foods' shelf life, flipping details are on page 2.) Because we sometimes forget to take meat or fish out to defrost (ahem), having a bag of peeled and deveined shrimp in the freezer is a smart backup plan. Thaw what you need in cold water (it will take only 15 to 20 minutes), and you've got a stir-fry on the table in no time. Eggs, frozen vegetables, and cheese are also great to have on hand to whip up a frittata or an omelet.

» Calendar caveat: If, in the recipes you've chosen, there are any **steps that need to be completed hours or a day ahead of time,** you'll need to put that prep on the calendar the day before—something that requires marinating for eight hours, for example, or a homemade pizza dough that needs to rise.

» **There are lots of websites with meal-planning tools.** We're partial to the Allrecipes menu planner, (armagazine.com/menu-planner). You can drag and drop recipes into a weekly meal plan or choose pre-populated daily menus. Once you've plugged the recipes into the menu planner, it automatically generates a grocery list, broken down into categories.

» **Check your freezer, fridge, and cupboards for ingredients you already have on hand,** and cross those items off the list. Now when you head to the store, you'll get everything at once for the week—no last-minute trips for stuff you forgot. And you're saving money because there's less waste (no more food going bad before you can use it), less impulse buying, and fewer trips to the store (less gas). Look at you, shopping with purpose!

» That said, **try to be a little flexible at the store to take advantage of the best prices.** You may have had your heart set on roast chicken on Wednesday, but if ground beef is on sale, save the chicken for another time. Some people check the supermarket circulars before they head out; on Allrecipes.com and some other sites, you're even able to connect your grocery list to your local supermarkets via zip code, so you'll know what's on sale before you leave home.

» **Think big!** A big batch of vinaigrette made in the beginning of the week can dress a few salads or steamed vegetables, and can even be used as a marinade for meat or poultry. Ditto on pasta and rice—make a big batch, toss with a little oil, and have it in the fridge for a few days. Toss the pasta in boiling water for 30 seconds to reheat, and briefly steam the rice.

» Extra credit: **Save more time by prepping your vegetables in advance** and packing them in containers marked with the day you plan on using them. Wash the lettuce too, and dry it well; it'll hold for a few days.

» You've heard this before, but **label and date everything going into the freezer,** and put the oldest items in the front so they get used first. Not having to forage through a packed freezer and knowing exactly what everything is will save considerable time. If you've really got it down to a science, you can keep a running list on the freezer.

Check out our menu planner and give it a try, then kick up your feet, pat yourself on the back, and enjoy that extra time you've earned.

serve **Chili-Rubbed Pork Tenderloin** (armagazine.com/chili-rubbed-pork-tenderloin-with-apricot-ginger-glaze) along with the remaining black beans from Tuesday night's dinner and a side of salad.

FRIDAY

is pasta night, so here comes **Tomato and Bacon Pasta Bake** (armagazine.com/tomato-bacon-pasta-bake). Quick and easy to make, it's a dinner straight out of the pantry; use up the salad greens on the side from Thursday night's dinner.

THESE ARE JUST DINNER IDEAS, BECAUSE THAT'S THE MEAL THAT TENDS TO BE MOST CHALLENGING, BUT DON'T FORGET ABOUT THOSE OTHER PESKY MEALS, BREAKFAST AND LUNCH!

One of the easiest ways to plan meals is to pick a protein and build around it—so we've chosen four popular ones, and they all do double duty.

BUILDING BLOCK:
sausage

SUBMITTED BY
SALLYJUN
PREP 10 min
COOK 40 min
READY IN 50 min
SERVES 6
(makes 9 cups)
RATING
★ ★ ★ ★ ★
1,675 reviews

"I have no idea what possessed me to make this soup. It's not something that I would normally be drawn to. Well, I love it! Most soups take hours to cook, not this one. It was ready to eat within an hour, and the house smelled wonderful."
—JOAN2005

Italian Sausage Soup

armagazine.com/italian-sausage-soup

allrecipes 5-STAR RATING

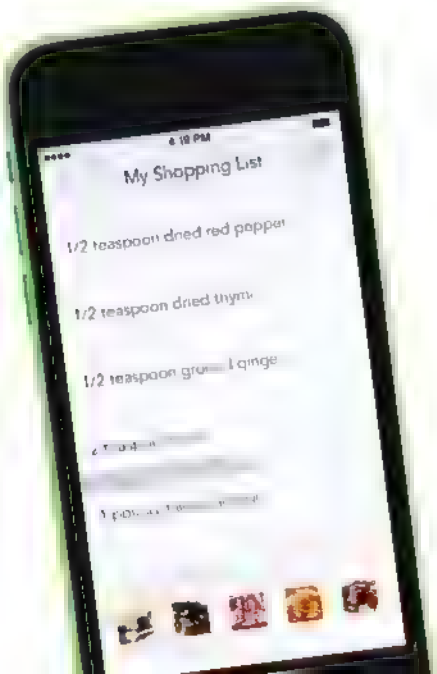
"A hearty winter favorite, but, frankly, this one-pot meal is great for any time of the year!" —SALLYJUN

- **1 tablespoon olive oil**
- **1 pound Italian sausage**
- **1 clove garlic, minced**
- **2 (14-ounce) cans beef broth**
- **1 (14.5-ounce) can Italian-style stewed tomatoes**
- **1 cup sliced carrots (5 ounces)**
- **¼ teaspoon salt**
- **¼ teaspoon black pepper**
- **1 (14.5-ounce) can great Northern beans (do not drain)**
- **2 small zucchini (9 ounces total), cubed**
- **2 cups packed fresh spinach leaves (3½ ounces), rinsed and torn**

1. In a stockpot or Dutch oven heat oil over moderately low heat, then brown sausage with garlic, turning sausage, 5 minutes. Stir in broth, tomatoes, carrots, and salt and pepper. Reduce heat, cover, and simmer 15 minutes.
2. Stir in beans with their liquid and zucchini. Cover, and simmer another 15 minutes, or until zucchini is tender.
3. Remove from heat. Remove sausage and transfer to a cutting board, and add spinach to soup. Replace lid and let stand, allowing residual heat from soup to cook spinach, 5 minutes. Slice sausages and return to soup.

PER 1½-CUP SERVING 420 CAL; 28g FAT (8.9g SAT); 21g PRO; 23g CARB; 5.8g FIBER; 1,929mg SODIUM; 59mg CHOL

Blipp for a video or go to **armagazine.com/italian-sausage-soup-video**



This dish is pretty darn good on its own, but can be transformed into a pasta dinner by tossing the sausage and peppers with some hot penne, a little butter, and a handful of Parmesan. Or, better still, packed in a hero roll with a spoonful of oil and vinegar.

SUBMITTED BY
GIGI9801

PREP 15 min
COOK 25 min
READY IN 40 min
SERVES 6 (makes 5 cups sausage and pepper mixture)

RATING
★★★★½
659 reviews

Italian Sausage, Peppers, and Onions

armagazine.com/italian-sausage-peppers-onions

"My family has been using this very simple and delicious recipe for sausage, peppers, and onions for years and years now. For an extra kick, try using half sweet sausage and half hot sausage!" — GIGI9801

- **1 tablespoon olive oil**
- **1½ pounds Italian sausage**
- **2 tablespoons butter**
- **1 large red bell pepper, sliced lengthwise into ½-inch-thick strips**
- **1 green bell pepper, sliced lengthwise into ½-inch-thick strips**
- **1 yellow onion, halved and sliced crosswise (2 cups)**
- **½ red onion, sliced (¾ cup)**
  [From our kitchen: You could easily use all yellow onion for this if you don't want to bother with buying a red.]
- **4 cloves garlic, minced**
- **1 teaspoon dried basil**
- **1 teaspoon dried oregano**
- **¼ cup white wine**

1. Heat oil in a large skillet over moderate heat, then brown sausages, turning, about 5 minutes. Remove from skillet and slice.
2. Melt butter in skillet. Add red and green bell pepper, yellow onion, red onion, garlic, basil and oregano. Stir in wine. Cook, stirring occasionally, until peppers and onions are tender, about 12 minutes.
3. Return sliced sausage to skillet with vegetables. Reduce heat to low, cover, and cook 10 minutes, or until sausage is cooked through.

PER HEAPING ¾-CUP SERVING 482 CAL, 42g FAT (15.6g SAT); 17g PRO; 7.2g CARB, 1.3g FIBER; 867mg SODIUM; 96mg CHOL

Go to **armagazine.com/italian-sausage-peppers-onions-video** to see how easy this is to make!

"My husband comes from a large Italian family, and said that this really made him feel close to home. He couldn't stop raving and ate until he hurt himself. The only thing I did different was to use beer instead of wine." – SHANDY

BUILDING BLOCK:

shrimp

Chef John
PREP 15 min
COOK 6 min
READY IN 20 min
SERVES 4 (makes about 24 shrimp)
RATING
★★★★★
185 reviews

allrecipes 5-STAR RATING

Simple Garlic Shrimp

armagazine.com/simple-garlic-shrimp

"This was ungodly delicious! I made this exactly as stated except for adding a little more garlic, because I am a garlic fiend. I served it over spaghetti squash. My only complaint is that it should state '1 serving,' as I could have finished the whole thing off myself. Don't skip the caper brine; it gives the dish a nice depth of flavor!" —CONNIE

"If you like shrimp and LOVE garlic, I hope you give this fast and delicious recipe a try soon. Enjoy!" —CHEF JOHN

- **1½ tablespoons olive oil**
- **1 pound large shrimp (24 to 26 per pound; thawed if frozen), peeled, deveined, and patted dry**
- **Salt to taste**
- **6 cloves garlic, finely minced**
- **¼ teaspoon crushed red pepper**
- **3 tablespoons lemon juice**
- **1 tablespoon caper brine** *[From our kitchen: If you don't want to buy a jar of capers just for their brine, simply increase the lemon juice to ¼ cup.]*
- **1½ teaspoons plus 1½ tablespoons cold butter**
- **⅓ cup chopped fresh flat-leaf parsley**
- **Water, as needed**

1. Heat oil in a heavy skillet over high heat until hot but not smoking. Arrange shrimp in an even layer on bottom of skillet and cook for 1 minute without stirring.
2. Season shrimp with salt, cook, stirring, until shrimp begin to turn pink, about 1 minute.
3. Add garlic and red pepper and cook, stirring, 1 minute. Stir in lemon juice, caper brine, 1½ teaspoons butter, and half of parsley. Cook until butter has melted, about 1 minute, then turn heat to low. Add remaining 1½ tablespoons butter, and cook, swirling skillet, until butter has melted to form a creamy sauce and shrimp are pink and just cooked through, 2 to 3 minutes. *[From our kitchen: Make sure the heat is low and you keep moving the skillet so the sauce gets creamy but not oily.]*
4. Transfer shrimp with a slotted spoon to a bowl. Continue to cook butter sauce, adding water 1 teaspoon at a time if it gets too thick, about 2 minutes. *[From our kitchen: We didn't find it necessary to cook the sauce any longer or add any water.]* Season with salt.
5. Serve shrimp (over rice or pasta, if desired) topped with pan sauce. Garnish with remaining parsley.

PER SERVING 196 CAL; 12g FAT (4.7g SAT); 19.1g PRO; 2.9g CARB; 0.4g FIBER; 341mg SODIUM; 188mg CHOL

SUBMITTED BY LINJO
PREP 30 min
COOK 30 min
READY IN 1 hr
SERVES 4 (makes 6 cups shrimp mixture, 4 cups pasta)
RATING
★★★★½
166 reviews

"I doubled the sauce and added garlic. I didn't have the roasted red pepper, so I put in asparagus, which was delicious. Another reviewer suggested spinach... I think I'll try that next time, and there will be a next time, because we all just loved this one!" —LOVES2COOK

Shrimp Stroganoff

armagazine.com/shrimp-stroganoff

"This recipe is a definite winner. I hope your family and friends enjoy it as much as mine do. I've subbed frozen green peas for the roasted red bell peppers." —LINJO

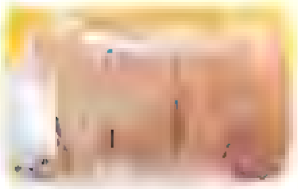
- **1 pound large shrimp (24 to 26 per pound; thawed if frozen), peeled, deveined, and patted dry**
- **1 tablespoon olive oil**
- **1 tablespoon Cajun seasoning**
- **6 ounces fettuccine pasta**
- **2 tablespoons butter**
- **8 ounces fresh mushrooms, sliced (3 cups)**
- **1 tablespoon chopped shallots**
- **1⅔ cups chicken broth**
- **½ cup sour cream**
- **1 tablespoon cornstarch**
- **1 (7-ounce) jar roasted red bell peppers, drained**
- **1 tablespoon capers, rinsed and drained**
- **Salt to taste**

1. Combine shrimp, oil, and Cajun seasoning in a bowl.
2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes, or until al dente. Drain.
3. Meanwhile, melt 1 tablespoon butter over medium heat in a large skillet. Cook mushrooms and shallots in butter, stirring, until tender, about 4 minutes. Transfer to a bowl. Melt remaining tablespoon butter in skillet, then add shrimp and cook, stirring, until shrimp turn pink, 2 to 3 minutes. Transfer shrimp to bowl with mushrooms. Add ⅔ cup chicken broth to skillet and bring to a boil. Reduce heat and simmer, uncovered, until reduced to ¼ cup, 2 to 3 minutes.
4. In a bowl, stir together sour cream and cornstarch; mix in remaining cup chicken broth. Stir into reduced chicken broth in skillet. Cook, stirring until thick and bubbly, about 1 minute. Stir in shrimp and mushroom mixture, red peppers, and capers. Heat through, and season with salt. Serve over pasta.

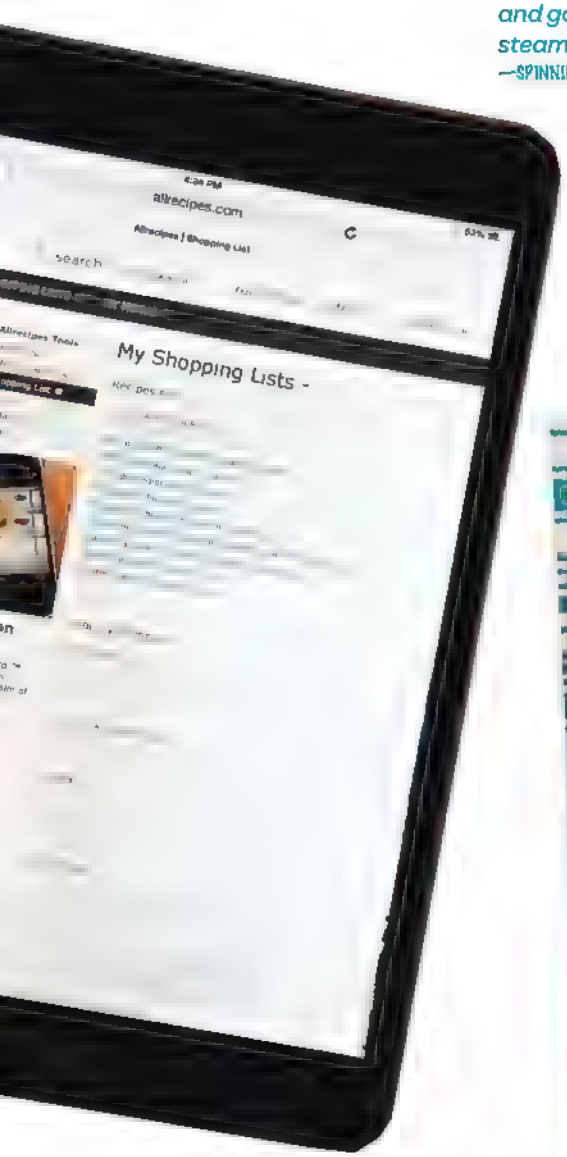
PER SERVING (1½ CUPS SHRIMP MIXTURE AND 1 CUP PASTA) 429 CAL; 16.4g FAT (7.5g SAT); 33g PRO; 39g CARB; 2.6g FIBER; 1,374mg SODIUM; 188mg CHOL

BUILDING BLOCK:

chicken



"I make this with low-fat yogurt instead of mayo, plus extra garlic, chopped onion, and sun-dried tomatoes added to the mixture. Instead of wrapping with bacon, I lay a slice of prosciutto or pancetta on top of the chicken as it bakes. It's surprisingly quick and goes great with steamed veggies."
—SPINNINGJENNY



Spinach Stuffed Chicken Breast

armagazine.com/spinach-stuffed-chicken-breast

"Spinach and cheese stuffed into boneless, skinless chicken breasts. Serve with rice, noodles, or a great Greek salad!" —LAURIE WHEELER

- **½ cup mayonnaise**
- **1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry**
- **½ cup crumbled feta cheese (2½ ounces)**
- **2 cloves garlic, finely chopped**
- **4 (8-ounce) skinless, boneless chicken breasts**
- **4 slices bacon**

1. Preheat oven to 375°F.
2. In a bowl, mix mayonnaise, spinach, feta, and garlic until well blended.
3. Carefully butterfly chicken breasts, making sure not to cut all the way through (cut into them horizontally from one side, so they'll open like a book). Spoon spinach mixture into chicken breasts. Wrap each with a slice of bacon, and secure with a toothpick. Put in shallow baking dish and cover dish with aluminum foil.
4. Bake for 45 minutes, or until chicken is no longer pink in center and juices run clear (an instant-read thermometer inserted into center reads 165°F). Remove toothpicks before serving, and drizzle chicken with any pan juices.

PER 1-BREAST SERVING 449 CAL; 33g FAT (8.1g SAT); 33g PRO; 5.2g CARB, 2.1g FIBER; 685mg SODIUM, 104mg CHOL

Blipp to watch this recipe in motion, or go to armagazine.com/spinach-stuffed-chicken-breast-video

SUBMITTED BY
Laurie Wheeler
PREP 25 min
COOK 45 min
READY IN
1 hr, 10 min
SERVES 4
RATING
★ ★ ★ ★ ½
974 reviews

Sweet and Spicy Stir Fry with Chicken and Broccoli

armagazine.com/sweet_and_spicy_chicken_broccoli_stir_fry

"Garlic, crushed red pepper, and chili paste add heat; hoisin sauce and ginger sweeten the deal. Great served over jasmine rice!" — AMANDA1432

- **3 cups broccoli florets (6 ounces)**
- **1 tablespoon olive oil**
- **2 skinless, boneless chicken breast halves (12 to 14 ounces total), cut crosswise into 1-inch-wide strips**
- **¼ cup sliced green onions**
- **4 cloves garlic, thinly sliced**
- **1 tablespoon hoisin sauce**
- **1 tablespoon chili paste**
- **1 tablespoon low-sodium soy sauce**
- **½ teaspoon ground ginger**
- **¼ teaspoon crushed red pepper**
- **½ teaspoon salt**
- **½ teaspoon black pepper**
- **2 tablespoons chicken stock** *[From our kitchen: If you don't want to buy a can of broth for just 2 tablespoons, you can substitute water.]*

1. Put broccoli in a steamer set over 1 inch of boiling water, and cover. Cook until tender but still firm, about 5 minutes.
2. Meanwhile, heat oil in a skillet over medium heat, then sauté chicken, green onions, and garlic until chicken is no longer pink and juices run clear, about 5 minutes.
3. Stir in hoisin sauce, chili paste, soy sauce, ginger, red pepper, salt, and black pepper. Stir in chicken stock and simmer about 2 minutes. Add steamed broccoli, gently tossing until coated with sauce mixture.

PER ¼-CUP SERVING 160 CAL, 6.2g FAT (1.3g SAT); 16.1g PRO; 11.9g CARB; 2.4g FIBER; 607mg SODIUM, 36mg CHOL

Blipp to see how easy this is to make, or go to **armagazine.com/sweet-and-spicy-chicken-broccoli-stir-fry-video**

"LOVE this dish. My kids beg for it and would eat it every week. The only changes that I made were to add sliced red peppers with the broccoli (I just steam them together), and I also double the sauce ingredients because my family likes to have a little more sauce for the rice." —AMY

SUBMITTED BY amanda1432
PREP 10 min
COOK 10 min
READY IN 20 min
SERVES 4 (makes 5 cups)
RATING ★★★★½
269 reviews

BUILDING BLOCK:

beef

SUBMITTED BY
LUVINMYHUBBY

PREP 20 min

COOK 30 min

READY IN 50 min

SERVES 6

RATING

★★★★½

468 reviews

armagazine.com/beefy-baked-ravioli

"This was a wonderful dish. My kids and their company loved it. I'll definitely make it again. For those of you who want to make everything from scratch, you CAN make your own ravioli, spaghetti sauce, and can your own tomatoes. ..but for us regular folks, this makes for a great home-cooked meal!" –TAMMY B.

"This recipe is a hit with my husband and everyone else I've given the recipe to. It's very easy and satisfies that Italian craving." —LUVINMYHUBBY

- **1 pound ground beef**
- **1 (14-ounce) jar spaghetti sauce (1½ cups)**
- **1 (14.5-ounce) can diced tomatoes, drained**
- **1 (13-ounce) package bite-size frozen cheese ravioli, thawed**
- **1 cup shredded mozzarella cheese**
- **1 cup shredded Monterey Jack cheese** ***[From our kitchen:** Mozzarella and Jack don't have particularly distinctive flavors, so you could easily substitute 2 cups of just one of the cheeses instead of buying both.]***
- **1 tablespoon grated Parmesan cheese** ***[From our kitchen:** We really liked the flavor boost from the Parm, so we used ¼ cup on top of our bake.]***

1. Preheat oven to 450°F.
2. Crumble beef into a large skillet over medium-high heat. Cook, stirring, until no longer pink, about 3 minutes. Drain grease, then stir in spaghetti sauce and tomatoes.
3. Spread one-third of beef sauce onto bottom of an 11x7-inch baking dish. *[From our kitchen:** If you don't have an 11x7-inch baking dish, a 9x9-inch dish will work just fine.]* Arrange half of ravioli over sauce. Sprinkle half of mozzarella and half of Monterey Jack over ravioli. Make another layer, ending with remaining third beef mixture on top. Cover with aluminum foil.
4. Bake for 30 minutes. Sprinkle Parmesan cheese over the top before serving.

PER SERVING 466 CAL, 23.9g FAT (11.7g SAT); 31g PRO; 31g CARB; 3.9g FIBER; 746mg SODIUM; 100mg CHOL

SUBMITTED BY
Jacquie
PREP 30 min
COOK 1 hr
READY IN
1 hr, 30 min
SERVES 6
(makes a 2-quart pie)
RATING
★★★★½
1,721 reviews

armagazine.com/shepherds-pie-VI

"This Shepherd's Pie is a layered casserole of beef, carrots, and potato." —JACQUIE

- **4 large baking potatoes (about 2 pounds), peeled and thinly sliced**
- **1 tablespoon butter**
- **1 tablespoon finely chopped onion**
- **½ cup shredded sharp cheddar cheese** *[From our kitchen: We wanted more cheese in the mashed potatoes so you really get the flavor; we recommend mixing ½ cup into the potatoes and then sprinkling another ½ cup on top of pie.]*
- **½ teaspoon black pepper**
- **1¾ teaspoons salt**
- **5 carrots, chopped**
- **1 tablespoon vegetable oil**
- **1 onion, chopped (2 cups)**
- **1 pound ground beef**
- **2 tablespoons flour**
- **1 tablespoon ketchup**
- **¾ cup beef broth**

Bring a large pot of salted water to a boil. Add potatoes and cook until tender, about 15 minutes. Drain and mash. Mix in butter, finely chopped onion, and ¼ cup cheese (see note, left, on cheese). Season with pepper and ¾ teaspoon salt.

Meanwhile, bring another pot of salted water to a boil. Add carrots and cook until tender, 12 to 15 minutes. Drain, coarsely mash, and season with ½ teaspoon salt.

While potatoes and carrots cook, preheat oven to 375°F.

Heat oil in a large skillet. Add chopped onion and cook until soft and translucent, about 7 minutes. Add beef and cook, stirring, until well browned, about 3 minutes. Pour off excess fat, then stir in flour and cook 1 minute. Add ketchup and beef broth. Bring to a boil, reduce heat, and simmer, stirring occasionally, until beef is nicely coated and mixture is thickened but not dry, 4 to 5 minutes. Stir in remaining ½ teaspoon salt.

Spread beef in an even layer in bottom of a 2-quart casserole dish. Top with mashed carrots, then with mashed potato mixture. Sprinkle with remaining cheese.

Bake for 20 minutes, or until golden brown.

PER SERVING 375 CAL; 18g FAT (7.5g SAT); 20.6g PRO; 33g CARB; 4g FIBER; 967mg SODIUM; 65mg CHOL

Blipp to watch the video, or go to **armagazine.com/shepherds-pie-VI-video**

"I followed some of the suggestions that said to add garlic and Worcestershire sauce to the ground beef. I also added sour cream to the mashed potatoes, and, instead of using carrots, I put a layer of frozen peas on top of the beef before adding the potatoes. SO delicious." —CORINNE15

strike OIL!

OK, so you probably don't stop to consider your cooking oil very often. But there's a surprising amount to learn about this liquid gold. BY VIRGINIAWILLIS

PHOTOS BY KATE SEARS

Olive oil jars left behind by the ancient Greeks are testament to our centuries-old use of cooking oil. Along with salt and pepper, oil remains one of the most important and versatile tools in your kitchen.

It keeps food from sticking to pans, adds flavor and moisture, and conducts the heat that turns a humble stick of potato into a glorious french fry. Like butter and other fats, cooking oil also acts as a powerful solvent, unleashing fat-soluble nutrients and flavor compounds in everything from tomatoes and onions to spices and herbs. It's why so many recipes begin with heating garlic in oil rather than, say, simmering it in water.

The ancient Greeks didn't tap many cooking oils. (Let's see: olive oil, olive oil, or—ooh, this is exciting!—how about olive oil?) But you certainly can. From canola to safflower to grapeseed to walnut, each oil has its own unique flavor (or lack thereof), aroma, and optimal cooking temperature. Choosing the right kind for the task at hand can save you money, boost your health, and improve your cooking.

What's this? Pumpkin seed oil suspended in corn oil—it looks like a homemade Lava Lamp!

WHERE TO store YOUR OIL

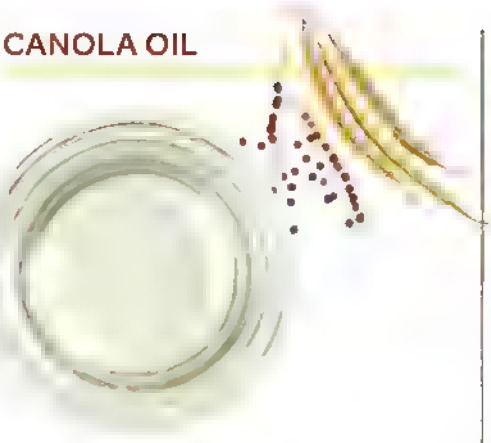
Though it's tempting to store cooking oils in clear bottles above or near your stove, that's really not the best plan. Heat and light can damage oils, so you want to keep them in the cupboard in the coolest part of your kitchen or even in your refrigerator to avoid spoilage.

Now, if you cook a lot and you've just *got* to have a bottle near the stove, make it a dark container (think green glass or stainless steel) and a small one that you will empty quickly. And store it to the side of the stove rather than above it because, of course, heat rises.

Unrefined oils—especially those made from nuts—can go rancid in a hurry, so buy them in small quantities and keep them in the fridge. When oil goes bad, you'll know it: It smells sour, tastes bitter, and, unfortunately, can't be saved. Toss it out.

Some oils become cloudy or even solidify when refrigerated. That doesn't affect their quality at all. Give them a few minutes at room temperature, and things will be back to normal.

CANOLA OIL



Canola oil comes from the seeds of the canola plant—a genetic variation of rapeseed, a member of the same plant family that includes cabbage, mustard, and broccoli. (Rapeseed oil has long been used as an industrial oil; canola was developed in Canada using traditional plant-breeding methods to make the rapeseed less acidic and more edible. The word "canola" is an amalgamation of "Canadian oil, low acid.") Almost clear in color, neutral in taste, and with a high smoke point, canola oil is a good all-purpose oil—excellent for sautéing, deep-frying, and baking as well as using raw in salad dressings and mayonnaise. Most canola in the United States is genetically engineered and chemically extracted, so if that's a concern for you, you may want to spend a little more on organic, expeller-pressed canola oil, which is mechanically extracted from non-GMO seeds.

CORN OIL

Corn oil is extracted from the germ of corn kernels. Refined corn oil, widely available in grocery stores, is pale gold in color and works well as an all-purpose cooking oil. It has a high smoke point and is inexpensive. It can be used for frying, baking, and roasting—and, since it is fairly flavorless, it's also good for making dishes in which you want the flavor of the food, rather than the oil, to shine. Unrefined corn oil, which is much rarer in stores, is dark gold in color and has a rich corn taste. It's best in no-heat applications such as salad dressings and recipes that benefit from a strong corn flavor.

GRAPESEED OIL

It's made from—you guessed it!—the crushed seeds of grapes. Nearly clear or pale green in color, grapeseed oil is a favorite in professional kitchens because it has both a high smoke point and a light, neutral flavor. Research also suggests that grapeseed oil, like the grapes it comes from, contains powerful antioxidants that help protect against molecules called free radicals that are implicated in heart disease, cancer, and other ailments. Grapeseed oil, especially the expeller-pressed kind, can be a bit more costly than other oils. It takes a lot of those little seeds, after all, to make it!

OLIVE OIL

A cornerstone of Mediterranean cooking long recognized as heart-healthy, olive oil is available in seemingly endless varieties. The flavor and aroma of each depends largely upon the olives from which it was pressed. Just as there are different kinds of grapes for wine, there are different kinds of olives grown all over the world. An oil pressed from Spanish Arbequina olives will taste different than one from Italian Coratina olives. Which kind you prefer is a matter of personal taste and what you're cooking. Bold ingredients like red meats, tomatoes, and hearty grains can handle more intense flavors; delicate foods like seafood and vegetables are often better served with a more subtle, fruity oil. It's smart to have at least two types on hand, one "extra virgin" for salads and finishing touches, and one "pure" or regular for cooking. Extra virgin olive oil, which is typically more expensive, has a low smoke point and a robust flavor that's lost with

FOOD STYLING: PAUL GRIMES. PROP STYLING: KATE PARHAM. OIL DROP AND CANOLA SEED PHOTOS: SHUTTERSTOCK

high-heat sautéing or frying. Extra virgin olive oil prices vary considerably, so it's smart to sample a little before you buy a lot of any one kind. Pure olive oil—slightly more refined, slightly less expensive, and with a higher smoke point—is better for sautéing and medium-heat cooking.

PEANUT & OTHER NUTTY OILS

If you've had a deep-fried turkey at Thanksgiving, it was probably fried in refined peanut oil. A favorite in Southern cooking, it has a high smoke point and is perfect for deep-frying—one reason you'll often find it in 1- to 5-gallon jugs at big-box stores or near the outdoor deep-fryers in hardware stores. Smaller bottles are available as well and are great for sautés and stir-fries. The vast majority of peanut oil used by U.S. cooks is heavily processed and highly refined. That's why, surprisingly, most peanut oil is actually allergen-free. The purification, deodorization, and bleaching of the refining process remove components in the oil that can trigger reactions in people with peanut allergies. Other nutty oils, such as hazelnut, macadamia, pistachio, pumpkin seed, and walnut oil, are more commonly sold in their unrefined states and so

are more likely to exhibit the characteristic flavor and aroma of their base nut or seed. (Unrefined peanut oil is sold as well. When you open the bottle, it smells like peanut butter!) These unrefined oils can be expensive and are not ideal for heated preparations, as they generally have low smoke points and lose their distinctive flavors fairly quickly when cooked. But they're delicious as finishing drizzles, in dressings, and in salads. They also can be added to more all-purpose cooking oils to add nutty flavor.

SAFFLOWER & SUNFLOWER-SEED OILS

Safflower oil and its cousin, sunflower-seed oil, are used in cuisines all over the world. Derived from related flowers, they contain high amounts of vitamin E and are very versatile. Safflower oil is especially good for cold salads because it doesn't solidify when refrigerated and chilled. Both can be used in cold dressings and mayonnaise as well as in high-heat cooking and sautéing. Nearly clear in color, they're also neutral enough for baking. These oils are low in saturated fat and are generally more expensive than generic "vegetable" oil but less expensive than extra virgin olive oil.

what kinds of fats are you COOKING WITH?

Fat makes food taste good, and our bodies are hard-wired to like it. But most of us eat too much fat—and too much of the least healthy types. It helps to know which is which.

Unsaturated fats—found mainly in fish, nuts, and seeds, and in oils made from vegetables, nuts, and seeds—may help lower your cholesterol level when you use them in place of saturated and trans fats. They're the ones you want to eat most.

Saturated fats are found mainly in ingredients that come from animals but also in tropical ingredients such as coconut, coconut oil, palm oil, palm kernel oil, and cocoa butter. Too much saturated fat is believed to raise cholesterol, so it's best eaten in moderation.

Trans fats or trans fatty acids are found mainly in solid-at-room-temperature, hydrogenated oils such as margarine and shortening, and processed foods. Many experts consider these the worst fats because they not only elevate the "bad" kind of cholesterol (LDL) but also lower the "good" kind (HDL). Some meats and dairy products also contain trans fats, but some science indicates that such naturally occurring trans fats aren't as harmful as those in processed foods.

a few words about
SOLID FATS

Cooking oils are fats that are liquid at room temperature. But there are also many solid fats that liquefy when heated. In general, solid fats contain more saturated fat and trans fat than oils do. Key types used in cooking are:

Animal Fats

Fats that come from animals tend to be rich, savory, and...meaty! **Lard** and **bacon drippings** are fat rendered from pork. **Schmaltz** is rendered fat from chicken. **Duck fat** is, well, duck fat. **Suet** is fat from beef or mutton, and once it is rendered it's called **tallow.** (Rendering is a process of cooking that melts the fat and makes it fairly shelf-stable.) Lard was the premier fat of days gone by, and biscuits and pie crusts made with lard are old-fashioned Southern classics. Potatoes fried in duck fat are simply otherworldly. And the secret to many a Jewish grandmother's light-as-air matzo balls is schmaltz. Key uses include frying and sautéing.

Butter

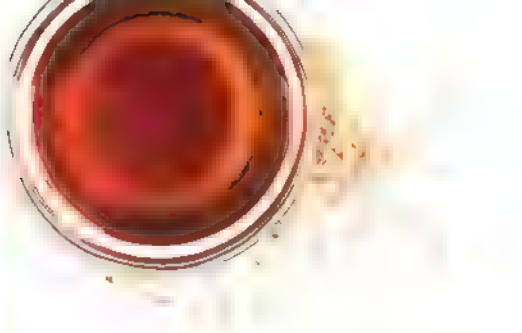
Classic French cooking treats butter—the good stuff that separates from the liquid and solidifies when you churn cream—as a food group. It lends a smooth and creamy taste to foods and is silky on the tongue. And wonderful things happen when the milk solids in butter begin to brown. Butter can be used in medium-temperature sautéing, sauce making, and, perhaps most famously, in baking. **Clarified butter,** also known as **ghee,** is butter that has been heated and had the milk solids removed. That gives it a higher smoke point, which means you can cook it at a higher temperature than regular butter without burning it.

Coconut Oil

It's super high in saturated fat and was once considered a big health no-no, but now it's making a comeback. Proponents of coconut oil praise it as a skin moisturizer, a dietary supplement, and a cooking oil. Since coconut oil is a solid fat at room temperature, it can be substituted for butter in more durable and dense baked goods like muffins, banana bread, and cookies. (Cakes can be tricky.) It retains a light coconut taste, so it should be either used in savory recipes that benefit from that unique flavor or cut with less-strongly flavored fats.

Margarine and Shortening

Old-timey recipes will call for **oleo** (short for oleomargarine, as **margarine** was once called). Margarine is a butter substitute made from vegetable oils or animal fats (such as beef tallow) mixed with water, emulsifiers, flavoring, coloring, and other ingredients to make it more solid and butter-like with less saturated fat (and a lower cost) than cream-based butter. **Shortening** is a lard substitute. Originally, the term was used to refer to the lard, butter, or other solid fat you'd use in a dough or cake mixture to make the mixture "short"—with a high proportion of fat to flour, as in shortbread. Shortening has now come to mean a shelf-stable, solid-at-room-temperature product made from vegetable and fruit oils, sometimes colored and flavored—and ultimately not all that different from margarine.



SESAME OIL

Dark or toasted sesame oil, which varies from pale golden to rich brown in color, is made from toasted sesame seeds and has a pronounced roasted, nutty flavor. It is unrefined, and toasting the seeds lowers the smoke point. That means it's best used for seasoning rather than for cooking, and a little goes a long way. Light sesame oil ("light" refers to the color, not the calorie or fat content) is made with untoasted seeds and may be refined or unrefined. It is sold in health food or Middle Eastern stores. It's more suitable for cooking than dark sesame oil.

SOYBEAN/VEGETABLE OIL

My grandmother used to have a small bottle of "salad oil" in her cupboard. You don't see that term thrown around much these days. Instead, we have "vegetable oil," which is similarly vague and equally as prevalent on recipe ingredient lists. It s a bit tricky because it's a catchall term meaning any of the vegetable-derived oils (from corn and canola to soybean)—but oil that's actually labeled "vegetable oil" typically is inexpensive highly refined soybean oil, sometimes with a few other plant based oils blended in. Major advantages. It s widely available, fairly neutral in taste and in color, and less expensive than most other oils. You can use it in baking and cake recipes and as a general cooking oil.

Why Smoke Points Matter

A cooking oil's smoke point is just what it sounds like: **the temperature at which the oil will start to smoke**—just before it completely degrades and catches fire! When oil gets too hot, bad things happen. It loses its nutritive value. It turns dark in color, starts to smell like bug spray, and tastes pretty bad, too. If you see wisps of smoke coming from the oil in your skillet, it's time to take it off the heat, toss it out, and start with fresh oil. And it's always wise to choose an oil with a smoke point high enough for the heat level you're using. Smoke points vary by oil type and often by manufacturer, but they're not always listed on the bottle. The chart at right offers a rough guide. **Bottom line:** The higher the smoke point, the better the oil is for frying and high-heat cooking. The lower the smoke point, the less refined the oil is, the more delicate its flavors are, and the better suited it is for low- and no-heat uses—as a drizzle on bruschetta, say, or the base of a vinaigrette.

CANOLA	460°F	Frying, roasting, grilling, sautéing, all-purpose cooking	High heat
SOYBEAN/VEGETABLE, REFINED PEANUT, REFINED CORN, AND SAFFLOWER	450°F		
GRAPESEED AND REFINED SESAME	445°F		
SUNFLOWER-SEED	410°F		
PURE OLIVE AND UNREFINED CORN	320°F to 410°F	General cooking, light sautéing	Medium heat
EXTRA VIRGIN OLIVE; UNREFINED PEANUT, PUMPKIN SEED, SESAME, AND WALNUT	Ranges widely (200°F to 365°F or more)	Drizzles, dressings, sauces, combining with other oils	Low or no heat

Oil Terms Demystified

To understand the labels you see on cooking oils, it helps to know how the oil gets out of olives, seeds, nuts, and vegetables and into those bottles. Common extraction methods include pressing the oil-rich ingredient between two hard surfaces; heating a previously pressed ingredient and squeezing it some more; passing the ingredient through a spiral press that forces the oil out; or grinding the ingredient and applying a chemical solvent to separate the oil from the ground-up bits. Oils may be further refined by heating, filtering, bleaching, and deacidifying.

COLD-PRESSED means the oil was extracted from its base ingredient (olives, usually) without externally supplied heat. Almost all early pressings are cold-pressed. FIRST-PRESSED suggests the oil comes from the initial squeeze.

EXTRA VIRGIN, a phrase applied most often to olive oil, means both cold- and first-pressed. Though the term undoubtedly has been applied to some less-than-virgin oils, it's supposed to mean that the oil comes from virgin olives—pressed (without heat) for the very first time. Extra virgin olive oil may be cloudy or have a green hue due to tiny olive particles that are released along with the oil in the initial pressing. Those particles carry intense flavor, but they also can burn, one reason extra virgin olive oils (EVOOs) and other minimally processed oils often have a low smoke point.

PURE refers to olive oil that's made after the first pressing. Olives are expensive, after all, so the mash left over from the cold pressing is heated and then pressed some more to extract more oil. It's slightly more refined, so there are fewer particles in the oil, and it has a slightly higher smoke point. LIGHT usually refers to pure olive oil that has been refined further, not to be lower in calories, but to be lighter in color, aroma, and flavor, and better for high-heat cooking.

EXPELLER-PRESSED refers to oil that's been extracted (usually from seeds) by the extreme pressure, friction, and heat created when they are passed through a spiral press known as an expeller. This method is a mechanical alternative and often a precursor to CHEMICAL EXTRACTION with hexane or other solvents, the process that's used for many less-expensive oils. Expeller-pressed oils are typically labeled as such and are more expensive. Chemically extracted oils usually are not labeled as such, and they tend to be less expensive.

Oils on store shelves run the gamut from UNREFINED to REFINED. Cold-pressed and expeller-pressed are the least refined of all oils; they're loaded with tiny particles that result in a lower smoke point as well as intense flavor. Such unrefined oils usually are best for low- or no-heat cooking. Refining oil is the process of filtering out those tiny particles. It results in a higher smoke point as well as some loss of flavor. Refined oils keep longer and are better for high-heat cooking.

Vagabond
PHOTOS BY ANDY LYONS

wing it

Whether you're having a backyard cookout or planning some serious tailgating, fly beyond the usual buffalo wings. We've got honey-lime wings, sweet-hot mustard wings, rosemary wings, baked wings, fried wings...you get the idea!

Honey-Lime Chicken Wings

armagazine.com/honey-lime-chicken-wings

"A tangy, sweet-but-tart honey-lime coating gives these wings a refreshingly zingy way to fly—right into your mouth! They're a straightforward sweet-and-sour." —JANA

- ⅓ cup honey
- 3 tablespoons fresh lime juice
- 1 tablespoon grated lime zest
- 2 garlic cloves, minced
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 cup all-purpose flour
- 4½ pounds chicken wings, separated at joints, tips discarded
- 2 quarts vegetable oil for frying

1. In a large bowl, mix honey, juice, zest, garlic, ½ teaspoon salt, and pepper.
2. Put flour and remaining ½ teaspoon salt in a zip-top plastic bag. Pat wings dry, add to bag, and shake to coat.
3. Preheat oven to 200°F and line a baking pan with aluminum foil.
4. In a 4.5- to 5-quart heavy pot, heat oil to 360°F. Fry wings in batches of 8 until golden, about 7 minutes per batch (bring oil back to 360°F between batches). Drain wings on paper towels, transfer to prepared baking pan, and keep warm in oven.
5. Put cooked wings in honey mixture and toss to coat well.

PER 2-WING SERVING 388 CAL; 28g FAT (5g SAT); 18g PRO; 16g CARB, 0g FIBER; 248mg SODIUM; 70mg CHOL

FOOD STYLING JILL LUST; PROP STYLING SUE MITCHELL

YOU SAID

I baked these at 400°F for 45 minutes to crisp them instead of frying. I added a couple dashes of tamari soy to the glaze, then brushed it on the wings and baked them at 450°F until a little caramelized. Delicious! —TRIMAC

I tried this with boneless chicken breasts for my picky family. I served it over white rice. It was an absolute HIT! —APACE01

For crispier wings, let them sit in the flour (in the fridge) for at least 30 minutes—longer if you have the time. It helps the flour to stick, and is the secret to making them just like restaurant wings! —SUNNYP

SUBMITTED BY Jana
PREP 15 min
COOK 45 min
READY IN 1 hr
SERVES 12
RATING ★★★★½
245 reviews

"These were fantastic. I didn't have any honey, so I substituted maple syrup. My guy, who loves hot wings, said we could have these anytime instead." -MICK

SUBMITTED BY
Chef John
PREP 20 min
COOK 40 min
READY IN 1 hr
SERVES 12
RATING
★★★★★
29 reviews

Sweet-Hot Mustard Chicken Wings

allrecipes.com/mustard-chicken-wings

"If you are as burned out on the basic Buffalo-style chicken wing recipe as I am, this is the one for you. The hot, sweet, mustardy glaze is a very welcome change of pace from traditional-style." —CHEF JOHN

Cooking spray
4½ pounds chicken wings, separated at joints, tips discarded
1½ teaspoons salt
¼ cup Dijon mustard
¼ cup yellow mustard
6 tablespoons honey
4 teaspoons cider vinegar
2 teaspoons hot pepper sauce

1. Preheat oven to 450°F.
2. Line 2 baking sheets with aluminum foil; coat foil with cooking spray. Arrange wings so they don't touch; season with salt.
3. Bake until browned and crispy on top, about 20 minutes. Flip wings over with tongs and cook until no longer pink in center and juices run clear, about 20 minutes more.
4. In large bowl, mix remaining ingredients. Add wings and toss to coat evenly. Let wings rest 5 minutes, then toss again to recoat.

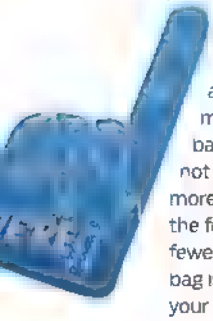
PER 2-WING SERVING 241 CAL, 14g FAT (4g SAT); 17g PRO; 9g CARB; 0g FIBER; 527mg SODIUM; 70mg CHOL

SAID

We like things spicy and grilled, so I increased the hot sauce for extra burn and grilled the wings, basting them as they cooked. It works great on boneless breasts or strips, too. A real keeper! —PEPSI_GAL

Made exactly per recipe. Awesome. Wings were tender and juicy, but most important, the flavors were great. —JEFF MOLINE

Tips for top-flight wings



BAG IT
Marinate wings (and anything else, for that matter) in a zip-top bag instead of a bowl. It not only flavors the meat more evenly, but it keeps the food airtight, creates fewer dirty dishes, and the bag is easier to stuff inside your fridge.

SPLIT IT
Some people cut off only the wing tips; others also separate the drumette and wing. We like the latter: They're easier to eat, and they're saucier (there's more surface area).

PAT DOWN
If the recipe calls for dusting wings with some kind of flour mixture, pat the wings dry first to keep them from getting soggy when cooking.

KEEP THE TIPS
After cutting off wings' tips (the skinniest part of the wing), freeze them to use later in homemade chicken stock. They're rich in gelatin, which adds great body to stock.

WAIT FOR IT
Marinate wings at least half an hour; an hour is even better.

Foolproof Rosemary Chicken Wings
allrecipes.com/recipe/foolproof-rosemary-chicken-wings

"A little rosemary, a little garlic, a little olive oil, and voilà! Delicious and foolproof! Great for entertaining or just an intimate dinner for two. Serve with a Caesar salad, corn, anything you want." —TMAGER

4½ pounds chicken wings, separated at joints, tips discarded
1½ tablespoons finely chopped fresh rosemary
8 garlic cloves, minced
3 tablespoons olive oil
1 tablespoon lemon pepper
1 tablespoon seasoned salt

1. Preheat oven to 350°F.
2. In a large bowl, toss wings with rosemary, garlic, oil, lemon pepper, and salt until coated. Line 2 large baking sheets with aluminum foil, and arrange wings on sheets in 1 layer. Bake 20 minutes, turn over, and bake another 15 minutes, or until juices run clear. Remove from oven.
3. Turn on broiler, and broil 1 sheet at a time for 4 minutes each, or until wings are golden.

PER 2-WING SERVING 233 CAL; 18g FAT (4g SAT); 17g PRO; 1g CARB; 0g FIBER; 514mg SODIUM; 70mg CHOL

SAID

Great wings! I tossed them in olive oil, rosemary, lemon zest, salt, and pepper with two crushed cloves of garlic. Baking and then broiling for crispiness is key. I topped the wings with caramelized yellow onion for a touch of sweetness. —RICOO202

I modified the recipe a bit since I did not have lemon pepper. I used the juice of one lemon instead, and was surprised by how much flavor the wings had. My hubby loves BBQ sauce and smothers everything in it. This was the first time he decided to eat the wings as is. It's a great recipe! —KTHORNT

I used ⅓ cup yogurt—with a little rosemary added—to coat the wings. —SUNFLOWERBIRMINGHAM

This wings came out great! I made just a few changes to the recipe:
1. I cut the rosemary up into smaller pieces and sprinkled it over all the wings.
2. I sprinkled garlic all over the wings so that when I added the spice mixture, the rosemary and garlic mixed into the wings better. I believe this gave the dish more flavor. I baked them 20 minutes on one side, turned them, then baked another 20 minutes on the other side. Next, instead of broiling them, I grilled them one by one. They came out really well. I think the grilling really sealed in the flavor. Thanks for the recipe! —MEGSO108

Very good flavor, but the cooking time is a little long. They would have been pretty dry with the addition of the broil time as well. —COOKIN UP A STORM

Show us how your wings turn out! Use the hashtag ***#AllrecipesMag*** *when uploading your pics on Instagram or Twitter.*

SUBMITTED BY
tmager

PREP 30 min

COOK 50 min

READY IN
1 hr, 20 min

SERVES 12

RATING
★ ★ ★ ★ ½
7 reviews

Baked Buffalo Chicken Wings

armagazine.com/baked-buffalo-chicken-wings

"These easy-to-make hot wings are crispy without being fried. Always yummy to snack on. They take only 15 minutes for prep, but need to be refrigerated for about an hour so the flour coating is firm. You can add more cayenne or use a higher hot sauce-to-butter ratio if you like them spicier." —LEESAH

- Cooking spray
- ¾ cup flour
- ½ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 4½ pounds chicken wings, separated at joints, tips discarded
- ½ cup melted butter
- ½ cup hot pepper sauce

1. Line 2 baking sheets with aluminum foil; coat foil with cooking spray. Put flour, cayenne pepper, garlic, and salt in a zip-top plastic bag, and shake to mix. Add wings, seal, and shake until well coated. Put wings on baking sheets in 1 layer, and refrigerate at least 1 hour.
2. Preheat oven to 400°F.
3. In a small bowl, whisk together melted butter and hot sauce. Dip wings in mixture and return to baking sheets. Bake about 45 minutes, turning once, until crispy, no longer pink in the center, and juices run clear.

PER 2-WING SERVING 298 CAL; 22g FAT (9g SAT); 18g PRO; 6g CARB; 0g FIBER; 278mg SODIUM; 91mg CHOL

[redacted]
Leesah
PREP 15 min
COOK 45 min
READY IN 2 hr (includes chilling)
SERVES 12
RATING
★ ★ ★ ★ ½
664 reviews

SAID

This is definitely a five-star recipe—IF you follow suggestions to dry the wings thoroughly with a paper towel, AND put in fridge for 1 to 2 hours before cooking; then baste with sauce last 15 to 20 minutes or so. I tried cutting corners tonight (10 minutes in freezer) and it does not work! —SFARNS808

This is an excellent alternative to fried wings. And being from the Buffalo area, I can say with confidence that these are comparable to those served in Buffalo, NY. —AARON

I have always baked my buffalo wings, but this is the first time I've dredged them in flour prior to baking them. The wings were crispy, and juicy on the inside. Definitely the best wings I've ever made. —ALYSSA78

Mahogany Chicken Wings

armagazine.com/mahogany-chicken-wings

"These sweet, succulent wings look as delicious as they taste!" —CHRISTINET

- **4½ pounds chicken wings, separated at joints, tips discarded**
- **½ cup low-sodium soy sauce**
- **½ cup honey**
- **¼ cup molasses**
- **2 tablespoons chili sauce**
- **1 teaspoon ground ginger**
- **2 cloves garlic, minced**

1. Put wings in a shallow dish. *[From our kitchen: We used a zip-top plastic bag instead.]*
2. In a bowl, mix remaining ingredients. Pour mixture over chicken, cover, and refrigerate 1 hour, turning meat occasionally.
3. Preheat oven to 375°F.
4. Transfer wings to a large baking dish, arranging in 1 layer. *[From our kitchen: We used 2 large baking sheets lined with foil and coated with cooking spray.]* In a saucepan, boil leftover marinade for 1 minute. Bake wings, brushing with marinade about every 15 minutes and turning wings once, for 45 minutes, or until meat is no longer pink in center and juices run clear.

PER 2-WING SERVING 273 CAL; 14g FAT (4g SAT), 18g PRO; 16g CARB, 0g FIBER; 478mg SODIUM; 70mg CHOL

SUBMITTED BY Christinet
PREP 20 min
COOK 45 min
READY IN 2 hr, 5 min (includes marinating)
SERVES 12
RATING ★★★★½
530 reviews

SAID

Absolutely the best recipe ever for sweet chicken wings! I did add about 20 shakes of hot sauce to them, too. My friend who doesn't like hot wings was blown away. He couldn't tell I had added it...he wants another batch tonight. —THELADY_HAWKE

Try this recipe with skinless chicken breasts, either bone-in or boneless. It's excellent! —LISA JOSEPH

I doubled the recipe and marinated the wings overnight in the sauce. I then baked them on a cookie sheet for about 30 minutes to cook off some of the juices so as not to thin out the sauce. Really, really good! —PLHANP

These are great—mind you, I don't even care for eating chicken off the bone! I brought them to a family Halloween gathering and they loved them. I finally picked some meat off with a fork and they really are so tender and tasty. Oh yeah, I also baked them in the sauce as others suggested. —I'M NUTS TOO...

Pickling, preserving, and canning

have been making a comeback for good reason. They're great ways to capture the flavor and extend the shelf life of summer produce. Plus, homemade jams and pickles can save you money, and they make awesome gifts. Although preserving food can seem intimidating at first, the trick is to start with small batches and have fun with interesting flavors. To help you get started, we've rounded up some surefire recipes and bushels of canning know-how.

Say it with us: "I think I can. I think I can..." BY NICHOLIO

PHOTOS BY ANDY LYONS

ANATOMY OF A CANNING JAR

Ring: A metal band that screws onto the jar and holds the lid in place until the vacuum seal has formed. You can reuse old rings as long as they're not rusty. They don't touch your food and don't need to be sterilized. Just wash and rinse them well.

Lid: A flat metal disc with a little rubberized or adhesive ring on the underside that seals to the jar. Be sure to use newly purchased, never-used lids each time you can. And warm them up, but don't boil them, before applying them to filled jars.

Rim: The top surface or lip of the jar. It's where the lid rests and the seal forms.

Jar: Because canning jars come in many shapes, even seasoned canners sometimes reach for the wrong size. Some half-pints are tall and narrow; some are short and wide. Some wide-mouth quarts look more like pints. But it's not about the height of the jar in canning—it's about the volume. The processing time for a canning recipe depends on how much the jar holds. If your jar isn't marked or you're not sure what size it is, fill it with water, then pour the water into a measuring cup, and use the measurement to identify the jar. (A quick guide: ½ pint = 1 cup; 1 pint = 2 cups, 1 quart = 4 cups.) You can reuse your jars as long as they are clean and free of chips and cracks.

Headspace: The distance from the jar rim to the top of the food and/or liquid. Don't deviate from the headspace specified in your recipe. If you have too little, the food may bubble out into your canning pot and get between the lid and the rim. If you have too much, the air inside the jar may not be forced out entirely, and you won't get the vacuum seal needed to prevent spoilage.

YOU'VE (PROBABLY) GOT THIS!

Special Canning Gear

- Canning pot with a rack to hold jars off the bottom
- Canning tongs to lift and lower jars from boiling water
- Magnetic lid wand to apply lids to jars
- Wide-mouth funnel to keep jar rims clean
- Bubble remover to remove trapped air from jars

Make-Do Equivalents

- Large stockpot and a metal trivet or cooling rack that fits inside it
- Large kitchen tongs or a waterproof silicone oven mitt
- Small kitchen tongs or clean fingers
- Moist paper towels
- Small plastic knife, spatula, straw, or wooden chopstick

Canning, step by step

1 STERILIZE JARS

Put a rack in the bottom of a canning pot. Add clean, empty, upright jars, spaced about 2 inches apart, and enough hot water to fill and cover them by 1 to 2 inches. Bring to a boil. Cover the pot, and boil for 10 minutes (or as specified in the recipe), adjusting if needed for your altitude.* Reduce heat to a simmer and leave jars in water until you are ready to use them. Remove from water using canning tongs and carefully pour hot water back into pot. Cover the pot, and keep it simmering if you are going to process filled jars

2 WARM LIDS

Start with brand new lids, washed and thoroughly rinsed. Fan them out in a small heatproof dish so they don't clump together, and just before you fill your jars, cover the lids with hot boiled water from the canning pot. (You don't want to actually boil them, which can affect the seal, you just want to warm the seal.) Leave the lids in the hot water until it's time to fill and seal the jars.

3 FILL AND SEAL JARS

For pickles, pack large pieces in first, then top with pickling liquid or brine to the recipe specified headspace. You want to really fill the jar because vegetables usually shrink a little and float after they're pickled. For jams, jellies, and sauces, spoon or ladle the hot mixture into jars, leaving the recipe specified headspace. Use a wide-mouth funnel, if you have one, to help keep the rims clean. Tap the bottom of each jar gently on the counter and run a clean bubble remover or other thin plastic or wooden tool around the inside of the glass to release any pockets of air trapped by the food. Check headspace again, adding more food or brine as needed. Wipe rims clean with a moist paper towel. Use a lid wand or tongs to transfer warm lids, white sides down, to filled jars. Screw on rings, stopping when you feel resistance (this is called "fingertip tight"; you don't want them overly tight)

4 PROCESS JARS IN A BOILING-WATER BATH

Put a rack in the bottom of a canning pot. Fill halfway with hot water, and bring to a boil. Using canning tongs and, keeping jars upright, lower filled and covered jars into the simmering water. They should be spaced 1 to 2 inches apart. Add more hot water if necessary to cover them by 1 to 2 inches. Return water to a boil. Cover pot, and start your timer. Boil for the amount of time specified in the recipe, adjusting if needed for your altitude *

5 COOL JARS AND CHECK SEALS

Turn off the heat, uncover the pot, and wait a few minutes for the boiling to subside. Using tongs and keeping jars upright, transfer jars to a towel-lined or wood surface and let cool, undisturbed completely. This can take 4 to 12 hours. Don't tighten the rings. You may hear a popping sound as the jars cool and the centers of the lids suck down. That's normal—and a sign of canning success! When jars are fully cool, remove the bands and push down on the very center of each lid with your finger. If the lid doesn't move up or down, the seal is good. Label jars, noting the date. Store properly sealed and processed jars up to 1 year in a cool, dark place. Transfer any opened or unsealed jars to the fridge and use them first.

** If you're canning anywhere that's more than 1,000 feet above sea level, you'll need to boil longer when sterilizing and processing jars. Add 5 minutes to boiling times if you're at elevations of 1,001 to 6,000 feet, add 10 minutes if you're at 6,001 feet or higher.*

Blipp for more info on canning from the National Center for Home Food Preservation. Or visit armagazine.com/nchfp

FOOD STYLING: JILL JUST PROP STYLING: SUE MITCHELL

SUBMITTED BY Tania D.
PREP 30 min
COOK 10 min
READY IN 8 hr, 40 min (plus 4 to 10 days fermenting time)
MAKES 2 quarts
RATING ★ ★ ★ ★
21 reviews

Don't be surprised if the garlic in your pickles turns blue. It's a harmless enzymatic reaction to mineral elements in your water.

Ukrainian Dill and Garlic Pickles

armagazine.com/ukrainian-dill-garlic-pickles

"This recipe was handed down to me by my mother, Sofia, whose pickles were always in great demand." —TANIA D.

- **2½ pounds small pickling cucumbers**
- **2 quarts water**
- **¼ cup canning and pickling salt**
- **½ bunch fresh dill weed and 1 tablespoon dill seed (or ½ bunch fresh dill stalks)**
- **1 head garlic, cloves separated and peeled**
- **1½ teaspoons whole black peppercorns**
- **1 small fresh red chile pepper, thinly sliced**

Soak cucumbers in cold water overnight.

Sterilize a 1-gallon or larger ceramic or heatproof glass container and a ceramic plate that will fit inside its opening. *[From our kitchen: We set a 5-quart ceramic bowl in the sink, filled it with boiling water, added a ceramic plate to the bowl and submerged it, and let both stand for 15 minutes before pouring out the water.]* Combine 2 quarts water and salt in a large pot and bring to a boil. Prepare cucumbers by trimming ends and making small slits in the sides with a knife.

Put half of dill, garlic, peppercorns, and chile pepper in sterilized container. Arrange half of cucumbers over seasonings; repeat layers. When brine comes to a boil, pour over cucumbers to cover. Put sterilized plate on top of pickles to keep them submerged. Cover with a clean kitchen towel.

Store in a cool place (not in refrigerator). Pickles will be ready in 4 to 10 days. Once they have fermented to your liking, transfer to sterilized jars with brine to cover and refrigerate until using. They'll keep in the fridge 1 month or more. *[From our kitchen: Our pickles were crisp, flavorful, and ready to refrigerate after 3 to 4 days in a cool (64°F to 68°F) room. Our pickle brine didn't develop any scum or film on top, but if yours does, just skim it off. It looks icky, but it's harmless. Once refrigerated, the pickles remained crunchy and fresh-tasting for more than a month.]*

PER 3-OUNCE SERVING (1 TO 2 PICKLES) 14 CAL; 0.1g FAT (0g SAT); 0.6g PRO; 3.2g CARB; 0.4g FIBER; 1,417mg SODIUM; 0mg CHOL

SAID

This is exactly how my husband's baba made pickles. I have made them myself now, and they are great. (I usually add an extra hot pepper or two.) —CHEFLES

This is the recipe I grew up with, too. They never made it to the fridge, though! Now when I refrigerate them, I dilute the brine by half with cooled, boiled water. When I tried refrigerating with the original brine, the pickles were too strong and got soft after a while. —ITZYAMAMA

Delicious! We had a bumper crop of cukes this year, so I was handing out jars of pickles to whomever came to visit. (These have to be kept in the refrigerator after you jar them, and I was running out of room.) Everyone loved them. The first batch I made just like the recipe said, and we had a few people tell us "too much garlic." I love garlic, but I had to agree with them. The second batch I cut the garlic in half; much better. This is definitely a keeper. Thank you for sharing! —VEGGIEEATER

These tasted just like those my Ukrainian mother-in-law used to make. My husband said they brought back family memories. —ANDRONICKY

Canned Spiced Pickled Beets

allrecipes.com 5-STAR RATING

armagazine.com/canned-spiced-pickled-beets

"I found this recipe in an old recipe box I bought at a rummage sale years ago. It's easy, and everyone who tries them loves them." —LORI IN HIBBING, MN

- **3 cups sugar**
- **2⅔ cups white vinegar**
- **2 cups water**
- **1 tablespoon canning and pickling salt**
- **1 tablespoon cinnamon**
- **1½ teaspoons ground cloves**
- **6 pounds beets, peeled and sliced ¼ inch thick** *[From our kitchen: You can use red or golden beets here. If you use small beets, round slices will do. If they are large, half circles will fit better in the jars.]*
- **3 (1-quart) canning jars with lids and rings**

1. In a large pot, mix sugar, vinegar, water, salt, cinnamon, and cloves together; bring to a boil, and stir until sugar dissolves. Stir in beets, and simmer until tender, 15 to 20 minutes. *[From our kitchen: We used two 3-inch cinnamon sticks and 10 whole cloves tied in cheesecloth instead of ground cinnamon and cloves, which can make brines turn cloudy and taste bitter. We removed and discarded them before putting beets in jars.]*
2. Sterilize jars 5 minutes, as described on page 101. Warm lids. Using a slotted spoon, pack sliced beets into hot, sterilized jars. Pour beet liquid over beets in jars, leaving ½-inch headspace. Remove air bubbles, wipe rims, apply lids and rings, and process jars in a boiling-water bath, as described on page 101, for 30 minutes.
3. Cool completely. Check seals. Label and store properly sealed jars in a cool, dark place up to 1 year. *[From our kitchen: These beets taste best after several days on the shelf. At 1 week, our beets were fully infused with the pickling liquid, and their texture was terrific.]*

PER ½-CUP SERVING 216 CAL; 0g FAT (0g SAT); 2g PRO; 49g CARB; 5g FIBER; 711mg SODIUM; 0mg CHOL

SUBMITTED BY Lori in Hibbing, MN
PREP 1 hr
COOK 45 min
READY IN 1 hr, 45 min (plus 1 week curing time)
MAKES 3 quarts
RATING ★★★★★ 14 reviews

Save the spiced pickling liquid to make memorable borscht.

SAID

I'm not a beet lover, but my husband is. So when we came into a couple bundles of beets, I thought I'd surprise him and try to pickle some. Well, all I can say is wow. These are so good. My husband is already trying to hide them so no one else can have any. —MAMAPRAG

Very easy and just the right amount of spices. —LEAH

I took this recipe to a church potluck tonight, and I was over the moon with compliments. —KAREN MOORE

This is the first time I've ever made pickled beets, and I thought these turned out wonderful :) The spices add a really nice warmth to the recipe, and the beets are quite addictive! These would be so great in all kinds of things, like salads and such. So good! —MRS.WILLIAMS

Absolutely fantastic! I do not can them. After cooling, I simply put them in a very large canning jar in the refrigerator, let the flavors blend for a couple of days, and enjoy. Everyone raves, even those who thought they didn't like pickled beets. —DANA

Tip: While you can eat pickles and other preserves the day after they're made, most need time to develop their true flavor (and, in the case of jams, to gel) and taste best after 1 to 3 weeks on the shelf.

SUBMITTED BY c@lover
PREP 30 min
COOK 30 min
READY IN 5 hr (plus 1 to 7 days curing time)
MAKES 3 pints
RATING ★★★★★ 4 reviews

allrecipes.com 5-STAR RATING

Bread-and-Butter-Style Zucchini Pickles

armagazine.com/zucchini-pickles

"A great way to use all those zucchini your garden produced! Most of the time spent on this recipe is letting the ingredients stand." —C@LOVER

- **2 pounds zucchini, thinly sliced**
- **½ pound onions, quartered and thinly sliced**
- **¼ cup canning and pickling salt**
- **2 cups sugar**
- **2 cups apple cider vinegar**
- **1 teaspoon celery seeds**
- **1 teaspoon ground turmeric**
- **1 teaspoon prepared yellow mustard**
- **2 teaspoons mustard seeds**
- **3 (1-pint) canning jars with lids and rings**

1. Put zucchini and onions in a large bowl with cold water to cover. Stir in salt until dissolved. *[**From our kitchen:** For crisper pickles, add ice to the water here. We also set a plate on top of the vegetables to help keep them submerged.]* Let stand 2 hours; drain and transfer to a large heatproof bowl.
2. Bring sugar, vinegar, celery seeds, turmeric, mustard, and mustard seeds to a boil in a large saucepan; pour over zucchini and onions. Stir. Let stand 2 hours.
3. Sterilize jars 5 minutes, as described on page 101. Return zucchini, onions, and pickling liquid to saucepan and bring to a boil. Boil for 3 minutes.
4. Warm lids. Pack hot zucchini mixture and pickling liquid into hot jars, leaving ¼-inch headspace. Remove air bubbles, wipe rims, apply lids and rings, and process jars in a boiling-water bath, as described on page 101, for 10 minutes.
5. Cool completely. Check seals. Label and store properly sealed jars in a cool, dark place up to 1 year. Wait 1 to 7 days before opening.

PER 2-TABLESPOON SERVING 41 CAL; 0g FAT (0g SAT); 0g PRO; 10g CARB, 0g FIBER; 151mg SODIUM; 0mg CHOL

SAID

The pickling liquid is almost good enough to drink by itself :) —PROSEHUNNY

Easy to make, and the taste is exceptional! —PIGNEM

What a brilliant recipe! No one guesses that these are zucchini instead of cucumbers, and I get to use all my bumper crop of zucchini in a fun and unique way. —KIPPM8

Blipp for more tips on canning and preserving (blipp details on page 2). Or visit **armagazine.com/canning-how-to**

Pickled Daikon Radish and Carrot

armagazine.com/pickled-daikon-and-carrot

"I love the pickles that come alongside Vietnamese rice noodle salads and realized that they're so easy to make at home! These are not only great in rice noodle salads but also in rice paper rolls." —MOOSIE

- ½ cup white vinegar
- ¼ cup sugar *[From our kitchen: You may also want to add ½ teaspoon salt to the brine. Some of our tasters preferred it with a little salt; others didn't miss it.]*
- 8 ounces daikon radish, cut into 3-inch-long sticks *[From our kitchen: Daikon radishes can be huge. You may only need a half or a quarter of a whole daikon.]*
- 8 ounces carrot, cut into 3-inch-long sticks
- 2 tablespoons chopped fresh cilantro
- 1 Thai chile pepper, seeded and chopped

1. Heat vinegar and sugar in a saucepan over low heat until sugar is dissolved. Remove from heat, and refrigerate to cool. Place daikon and carrot in a glass jar with cilantro and chile. Pour cooled vinegar mixture over vegetables, submerging them. *[From our kitchen: It may look like there isn't enough liquid to cover the vegetables, but if you put them in the bowl, pour the vinegar mix over them, and then place a plate on top, there will be enough.]*
2. Cover and refrigerate for at least 4 hours, or overnight. Store in fridge up to 3 weeks.

PER ¼-CUP SERVING 23 CAL, 0g FAT (0g SAT); 0g PRO; 5g CARB; 1g FIBER; 13mg SODIUM; 0mg CHOL

SUBMITTED BY moosie
PREP 20 min
READY IN 5 hr 20 min
MAKES 2 pints
RATING ★★★★½ 6 reviews

SAID

LOVE these! Essential for making banh mi at home. Thanks so much! —CAROLINE C

Really great! I couldn't get any Thai chiles, so I substituted red pepper flakes (to taste), and I thought that worked really well. The cilantro is what gives this recipe something special. I also threw in some watermelon radishes and purple carrots. —REBCAMUSE

NOT CONVINCED?

If, after reading all this helpful advice, you're *still* reluctant to give canning a go, try one of these "cheat" recipes!

Corn Relish II

armagazine.com/corn-relish-ii

Cut kernels and scrape juices from 4 ears of **corn** into a bowl. Stir in 2½ cups chopped **tomato** (peeled and seeded), ¾ cup chopped **green bell pepper**, ½ cup chopped **red bell pepper**, ½ cup chopped **onion**, and ¼ cup diced **cucumber**. In a large saucepan, mix ½ cup **sugar**, 1 cup **apple cider vinegar**, 1½ teaspoons **salt**, ½ teaspoon **celery seeds**, and ½ teaspoon **mustard seeds**. Add corn mixture and bring to a boil, then simmer 1 hour. Cool and store in fridge up to 3 months or in freezer up to 10 months. Makes 2 pints. —PAULA

Supreme Strawberry Topping

armagazine.com/supreme-strawberry-topping

Wash 1 pint fresh **strawberries** and remove stems; cut large berries in half or roughly chop them. Toss berries with ⅓ cup **sugar** and let stand 10 minutes. Transfer to a saucepan and cook, stirring occasionally, over medium-high heat until berries release juices and juices thicken, about 15 minutes. Stir in 1 teaspoon **vanilla**. In a blender, purée about one-third of the sauce, then mix it back into remaining mixture. Cool and store in refrigerator up to 1 week or in freezer up to 6 months. Makes 1 pint. —HEISLORD5

All-Day Apple Butter

armagazine.com/all-day-apple-butter

"This apple butter is a real slow cooker, but it's well worth the wait. Depending on the sweetness of the apples used, the amount of sugar may be adjusted to taste." —TERRI

- **5½ pounds apples, peeled, cored, and finely chopped (8 cups)** *[From our kitchen: This is best with tart apples, such as Granny Smith or Northern Spy. When we used Fuji apples, we found the butter too sweet.]*
- **4 cups sugar**
- **2 teaspoons cinnamon**
- **¼ teaspoon ground cloves**
- **¼ teaspoon salt**

1. Put apples in a 4½- to 5-quart slow cooker. Mix sugar, cinnamon, cloves, and salt in a bowl; pour over apples and stir to combine. Cover and cook on HIGH 1 hour.
2. Reduce heat and cook on LOW 9 to 11 hours, stirring occasionally, until mixture is thickened and dark brown.
3. Uncover and continue cooking on LOW 1 hour. *[From our kitchen: This is thick and chunky, more like a sticky conserve than a creamy fruit butter. And it's really best that way. When we tried puréeing it, it turned an unappealing color, became overly sweet, and just lost its mojo.]*
4. Transfer to covered containers, label, and store in fridge up to 3 weeks or in freezer up to 6 months.

PER 1-TABLESPOON SERVING 34 CAL; 0g FAT (0g SAT); 0.1g PRO; 9g CARB; 0.5g FIBER; 5mg SODIUM; 0mg CHOL

Blipp it, watch it, cook it! Or visit **armagazine.com/apple-butter-video**

SUBMITTED BY Terri
PREP 30 min
COOK 11 hr
READY IN 11 hr, 30 min
MAKES about 4 pints
RATING ★★★★½ 784 reviews

SAID

I put this in my slow cooker overnight and awoke to the most delicious fragrance imaginable. —MARTI

Best apple butter in the world. My friend said it was like a drug. She couldn't stop eating it. I use brown sugar. I think it makes it thicker and richer. I'm making some for Christmas gifts this year. —COOKING65

This is the recipe that began my love affair with Allrecipes.com. —PAULA

DELICIOUS! I used Honeycrisp apples, so the butter was a bit too sweet. My recommendation would be to reduce the sugar by ½ cup to 1 cup if you are using a sweeter apple. I used my food processor to shred the apples. Also, it may take longer than the last hour of uncovered cooking (it took me 2 hours), but you will know it's done when you put some on a regular dinner spoon and no liquid seeps out. —KIMBERLY812

Here's one you make in the slow cooker and put up in the fridge or the freezer—no canning required. It smells like apple pie as it cooks, and it's terrific on toast.

allrecipes.com
5-STAR RATING

Jalapeño-Strawberry Jam

armagazine.com/jalapeno-strawberry-jam

"This is a favorite in our family at Christmas. This jam is not spicy, but it can be made spicy by adding more (or hotter) peppers. The sweet strawberries combined with the peppers give this jam a wonderful flavor dimension. The strawberries may be frozen (thawed and crushed), and the peppers may be canned (drained and chopped)." —L. SULLIVAN

- **5 (half-pint) canning jars with lids and rings**
- **1 pound strawberries, stemmed and crushed (2 cups)**
- **½ cup minced jalapeños (with seeds)**
- **2 tablespoons fresh lemon juice**
- **2 tablespoons powdered pectin**
  [From our kitchen: We measured this from a 4.7-ounce container of Ball brand powdered pectin. You could also measure it from a 1.75-ounce envelope of Sure-Jell powdered pectin, which contains about 3½ tablespoons.]
- **3½ cups sugar**

1. Sterilize jars 5 minutes, as described on page 101.
2. While jars are boiling, put strawberries, jalapeños, lemon juice, and pectin in a large saucepan, and bring to a boil over high heat. Add sugar and stir until dissolved; return to a boil, and cook for 1 minute. Remove from heat.
3. Warm lids. Ladle jam into hot jars, leaving ¼ inch headspace. Remove air bubbles, wipe rims, apply lids and rings, and process jars in a boiling water bath, as described on page 101, for 10 minutes.
4. Cool completely. Check seals. *[From our kitchen: Don't worry if your jam looks runny at first. It can take a day or more to set up. Ours jelled nicely after 1 day and tasted best after 1 week. And if your jalapeño bits float to the top before the jam gels? Ah, well. Just stir the jam to redistribute them when you open the jar.]* Label and store properly sealed jars in a cool, dark place up to 1 year.

PER 1-TABLESPOON SERVING 37 CAL; 0g FAT (0g SAT); 0g PRO; 10g CARB, 0g FIBER; 1mg SODIUM, 0mg CHOL

A nice twist on Southern pepper jellies, this sweet-with-a-slight-kick jam is great on crackers with cream cheese or as a glaze for pork chops.

SUBMITTED BY L. Sullivan
PREP 40 min
COOK 20 min
READY IN 1 hr (plus 1 to 7 days curing time)
MAKES 5 half-pints
RATING ★★★★★ 132 reviews

SAID

It was SO easy. For a first-time canner, this is a great recipe to try. I didn't have any trouble with the process, and now I feel like I can can anything :) —ASHLEY S.

Jalapeños have all different levels of heat, and mine were hot. I seeded only one, and the jam is pretty hot, but we like it that way. —CNEUSE

Wow! This jam is fantastic! I took it to a dinner party as a hostess gift, and we wound up eating it over cream cheese as an appetizer. It got such rave reviews. It also wowed my new choir director when I gave it as a welcome gift. He knows my name, but he thinks of me as "the jam lady." THANK YOU! —PEGGY

This is a fun jam to make—very simple and really pretty. It is sweet and sassy! It does not have near the heat that jalapeño jelly has, so if you are looking for a tamed-down version of a hot pepper spread, this would be it. It is wonderful on bagels with cream cheese. —CAN_IT_RACHAEL

If all you have is frozen berries, use the unsweetened ones, and make sure you measure AFTER you mash them. —CULINARYCHRIS

I had a little jam that didn't fit in the jars, so we had it hot over vanilla ice cream—YUMMY! Sweet and spicy! I'm looking forward to giving this great jam as gifts for the holidays. —MONTAINE

Oscar Mayer

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Cooking School

Making the Cut

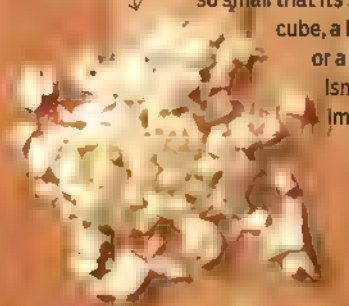
Chop, dice, mince, julienne. These terms are used all the time in recipes, but what exactly do they mean? That can be, well...dicey! One cook's chop is another's mince. But how you cut your ingredients *is* important. It determines how quickly and evenly your food cooks, and it can affect the final texture, flavor, and look of your dish. Here's a guide to some of the most common knife cuts. —NICHOLIO

DICE: To cut into equal-sized, flat-sided cubes. Dice that are ¼ inch on all sides, like these, work well for most preparations. Large dice are bigger than ¼ inch; small or fine dice are smaller than ¼ inch.

JULIENNE: To cut into thin matchsticks, usually no more than ⅛ inch by ⅛ inch by 2½ inches.

CHOP: To cut into similarly sized pieces, though not necessarily cubes. Use this cut on food that's not easily cubed (onions or bell peppers, for example) or when shape isn't key to the result (roasted eggplant, say, that's destined for the blender).

MINCE: To cut into very small (about 1/16-inch) bits, usually by rocking back and forth over the ingredient with your knife. A mince is so small that its shape (a cube, a half moon, or a pyramid) isn't all that important.



CHIFFONADE: A flat ingredient, such as a basil leaf, cut into very thin ribbons, usually 1/16 inch to ⅛ inch wide.

PHOTOS ANDY VONS

How to chop onions

1 Trim off the stem end and place the onion, cut side down, on a cutting board. Halve the onion vertically, cutting from the root end (right through the part with the whiskers!) down to the board.

2 Peel the onion skin and any green layers back toward the root end so they are out of the way, but leave them attached as a kind of handle.

3 With your knife tip pointing toward the root end and your blade aligned with the ridges in the onion, make radial cuts: Slice through all the layers from the outside of the onion to its axis, angling your cuts like the spokes on a wheel but leaving the handle/root end intact so that the slices don't fall apart. Make your slices thin (less than ¼ inch wide) for fine chop, medium (about ¼ inch wide) for medium chop, or thick (about ½ inch wide) for coarse chop, and space them as evenly as you can.

4 Turn your knife so it's perpendicular to the cuts you just made. Working your way from the stem end toward the handle/root end, make crosswise cuts (again using thin spacing for fine, medium for medium, or thick for coarse).

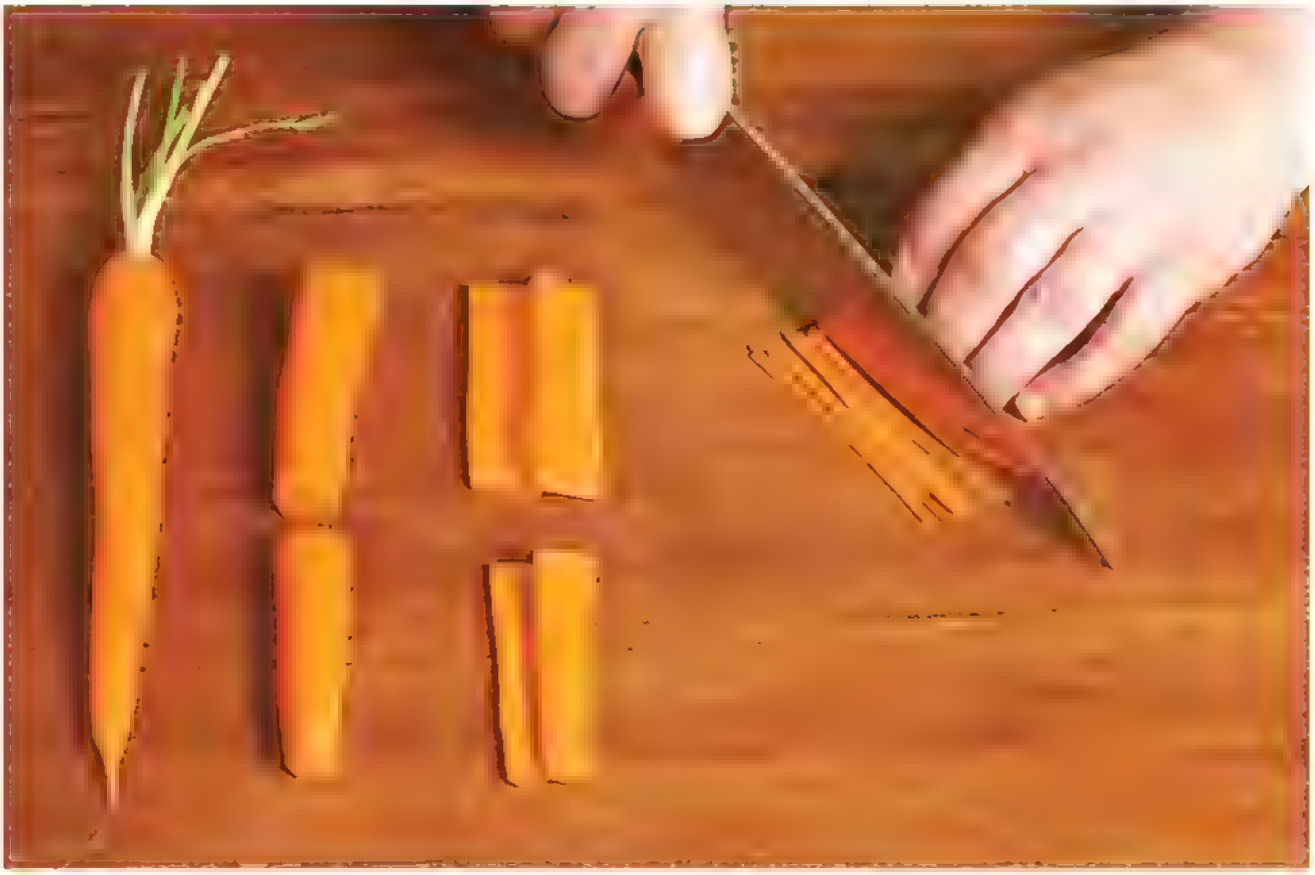
5 Voilà: evenly chopped onion—no rogue side or end pieces, and a tidy little package of root end and onion skin to discard. Repeat with remaining onion half.

THE RADIAL CUT

There are many ways to chop onions, but we particularly like this method. It avoids the awkwardness of horizontal slicing while also preventing "rogue pieces"—the randomly sized bits you often get near the root end and the sides when you chop onions. The key is the angled radial cut in step 3.

FOOD STYLING JILL LUST PROP STYLING SUE MITCHELL

How to julienne carrots (and other things)

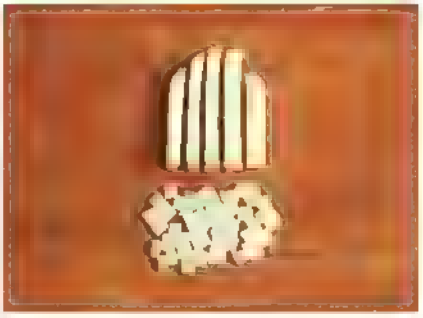


1 This works on carrots, zucchini, daikons, turnips—you name it! Start by cutting your ingredient into logs of equal length, no more than 2½ to 3 inches.

2 Cut logs lengthwise into ⅛-inch-thick planks. Tip: ⅛ inch is smaller than you think, thinner than the thickest part of the blade on most chef's knives.

3 Cut your planks lengthwise into ⅛-inch-thick strips. They should look like matchsticks (which is why this is also called the matchstick cut).

How to dice potatoes (and other things)

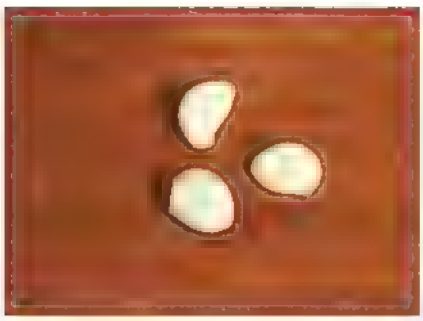


1 Trim your ingredient so that it will sit flat on a cutting board, and slice it into ¼-inch-thick planks. If you're eyeballing it, ¼ inch is the distance between the lines on narrow-ruled notebook paper.

2 Stack a few of your planks, and cut them lengthwise into ¼-inch-thick sticks. They should look like thin french fries. (And if it's french fries you want, by all means stop here.)

3 Cut your sticks crosswise into ¼-inch cubes. That's it! Make each of these three cuts carefully and evenly, and you'll have perfect dice.

How to mince garlic



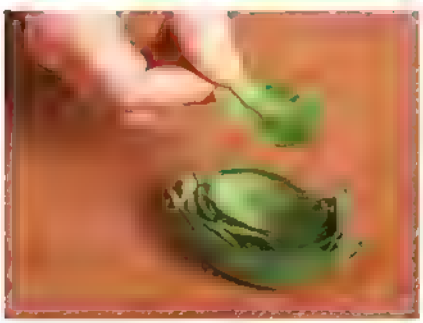
1 Separate and peel the garlic cloves. Put them on a cutting board, trim off the root ends, and prepare to bash!

2 Holding your knife parallel to the board, hover over each clove, making sure your knuckles and fingers are not between the knife handle and the board. Pound the flat side of the blade with your free hand once or twice. This flattens the garlic and makes it easier to cut.

3 Slice each flattened clove thinly lengthwise, and then scrape the slices into a single pile.

4 Put the tip of your knife on the board, rest your free hand on the top side of the knife, and make rocking cuts through the pile of garlic. Pivoting from the knife tip across the pile, continue rocking and cutting until all the garlic bits are very small, no more than about 1/16 inch on any side.

How to turn basil (and other leafy things) into chiffonade



1 This easy ribbon technique works for many leafy herbs and greens—from mint and basil to spinach and kale. Start by stacking the leaves as neatly as you can with the biggest leaves on the bottom.

2 Roll the leaves into a tight cigar. Tip: For shorter and flatter ribbons, roll the leaves crosswise. For longer and curlier ribbons, roll the leaves lengthwise, from stem to tip.

3 Hold the roll with one hand to keep it from unfurling, and slice the cigar crosswise. Make your slices as thin as you can (1/16 inch to 1/8 inch). Fluff, and you have a pile of slender ribbons.

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Can Do!

When life gives you lemons, preserve them! That's the spirit of blogger and canning-cookbook author Cathy Barrow, who knows just how to turn sour things sweet—in and out of the kitchen. BY NANETTE27

"The boil that will not stir down." It's a canning phrase that pickle and jam queen Cathy Barrow knows quite well.

"It's saying that you need to get your jam boiling so rapidly that no matter what you do it won't stop. What you're doing is getting the water out of your jam," she explains. "Most people don't get to that boil; they get to a boil that they *think* won't stir down, but they need to go even further, to a place that's actually a little scary."

Going further is something that Cathy, aka Mrs. Wheelbarrow, does on a regular basis—in her jams and preserves and in letting her passion catapult her to new paths. These days, she's recognized as a preserved-food guru, author of the new canning cookbook *Mrs. Wheelbarrow's Practical Pantry*, and an expert whom the *New York Times* and NPR turn to for advice on everything from boiling water canning and pressure canning to smoking and curing meats, making cheeses, and freezing and dehydrating foods. But it wasn't always that way.

Cathy was working as a landscape designer back in 2008 when the bottom dropped out of the economy and her Washington, D.C.-based business dried up. "It didn't just get smaller," she says. "It was *gone!*"

By that point in her life, she already was experienced in the art of shape-shifting. With a degree in organizational behavior from Carnegie Mellon, she started her career in Pittsburgh at the former Kaufmann's Department Store. While working as an assistant buyer, she asked to move to the housewares department. "No one had ever done that before," Cathy says with a laugh. "But my mother said, 'You always did like a good soup pot more than a pair of shoes.'" By the 1980s, Cathy had joined the growing gourmet food movement as a partner in a fresh seafood shop in Pittsburgh's trendy Shadyside neighborhood.

Later, after years working in marketing and event planning, Cathy had finally had enough. She decided to get off "the hamster wheel" of grueling hours and frequent corporate travel to dig in the dirt, work with actual wheelbarrows, and practice landscape design. (Her husband, Dennis, also jumped ship, leaving an investment career to study acupuncture.)

So what did a barely employed landscape designer do to beat the economic blues? Something Cathy had done since she was a kid: cook. "I was always the one who had the big dinner parties when we were all broke," she says. "I loved throwing parties; that's what you did in D.C. when it was a restaurant desert."

Cathy had hosted informal cooking classes for her friends for years—with her own kitchen serving as the classroom for lessons on tofu or bread or Christmas cookies. But she wasn't sure how to transform her expertise into a livelihood. She posed the question to members of her women's group, who met regularly to talk about life in their 50s, a time when families and jobs are in transition. "Someone said, 'Have you heard of this thing called a blog?' And I said, 'What's that?'" Cathy recalls with a laugh.

When she launched her Mrs. Wheelbarrow's Kitchen blog—mrswheelbarrow.com, keeping the name from her landscaping business—she wrote about whatever struck her culinary fancy. But she soon noticed that anytime she posted about canning or pickling or curing, people got really interested—and that inspired her to learn more.

"I'd been preserving for years, but then I went deeper and learned enough to teach it," she says. "And I learned Twitter." Cathy's practical approach and words of wisdom began to spread, especially when she teamed up with Yummy Mummy blogger Kim Foster in 2011 to launch a yearlong cured-meat fest they dubbed Charcutepalooza. Cooking from Michael Ruhlman and Brian Polcyn's 2005 book *Charcuterie: The Craft of Salting, Smoking, and Curing*, Cathy and Kim tweeted and blogged along with hundreds of other cooks around the world while they all experimented with galantines ("boring 1950s country-club food," Cathy says) rillettes ("fabulous"), and even homemade hot dogs ("surprisingly difficult").

Meanwhile, her relationship with the farmers at the tiny farmers market in her D.C. neighborhood began to flourish. From orchardist Susanne Behling of Nob Hill Orchards, Cathy picked up quinces, pears, raspberries, blueberries, gooseberries, currants, plums and lots of preserving know-how. "We started having long conversations about preserving and

PHOTOS: SCOTT SUCHMAN

Cathy cans just about anything: dilly beans and cucumber pickles, chile-spiked tomatoes, and even pie filling when her favorite fruits are in season. She loves being able to just raid her pantry, rather than run to the store, when it's time to make dinner or whip up a dessert.

sugars and pectin," Cathy says. "Susanne was a great resource for me." And from Haroun Hallack and his Redbud Organic Farm, Cathy got extraordinary produce of all sorts, including interesting squashes from North Africa that she hadn't ever seen before.

"The whole reason that I've taken on preserving in this deep way," Cathy stresses, "is not just to eat locally but also to contribute to the local economy. I'm not letting my food dollars leave the county. And I'm not buying from the grocery store in the winter, which means my dinners are local all year round." Pledging in February that she's going to take 200 pounds of Roma tomatoes in the summer for example, can make a big difference to a small farmer. "And if their crop fails, I don't can."

From the looks of the lush photos in Cathy's new cookbook, 2012 offered up a bumper crop. The pictures illustrate roughly 100 of her recipes for canning everything from jams, jellies, and pickles to tomatoes, stocks, and soups, smoking oysters, making cheeses, and curing meats. Plus, there are bonus recipes for dishes that put all that putting-up to good use—from a tart that uses her homemade jam to a three-bean salad that incorporates her favorite pickled green beans.

So what does Mrs. Wheelbarrow say to those of us who claim we simply don't have time to put up produce? She sighs. "How long does it take to throw a little sugar into a bowl of fruit and stick it in the fridge? It's about practice and getting good at multitasking. You've got water coming to a boil for pasta at the same time you're macerating some fruit. The next night you might make the jam. I can make it, start to finish, in 40 minutes. So, sure you have time for preserving, it's an easy way to feed your family better food."

Whether you do small batches of jam or big batches of tomatoes and chicken stock, Cathy says, a smart goal is putting up what you will use in a year—no more, no less. "I preserve fruits, veggies, and meats all summer, and I eat them all winter so those shelves are empty again when summer and the next batch of fresh stuff comes along."

TIPS FROM A CANNING GURU

- Try boiling-water canning first. If you're new to canning, don't start with pressure canning. It's like any endeavor; you need to get in shape before you run the marathon. Water-bath canning is easy: Can you drop a jar in boiling water? Then you *can* can.
- Start with small batches. If the seals don't work, or the pickles are limp, it's OK because you haven't wasted bushels of produce. And then you try again.
- Never use table salt in pickling. I use only Diamond Crystal kosher salt or canning and pickling salt, available at grocery and hardware stores. Both have small grains that dissolve quickly. More important, they don't have iodine, which will make pickles dark and the brine cloudy.
- Sea salt is another pickling option. It has no iodine or anticaking additives, but large crystals won't melt the same way as smaller ones, so always select fine-grained sea salt.
- Start with raspberry or strawberry jams. They're among the easiest jams to make. Other fruits have such variable pectin content that the set can be challenging. Berries break down. For first-timers, this is your jam.
- The best way to dress up your jars: Add 2 teaspoons of white vinegar to your canning kettle. It removes water minerals and makes jars sparkle! Also, if you use a vanilla bean in your preserves, press it along the side of the jar before you fill it, so you can see the beautiful ingredients inside.
- Can tomatoes, not tomato sauce. Tomatoes are dicey. The danger is not in the tomatoes themselves; it's in the canners who say, "I want tomato sauce like grandma used to make." So they add onions, garlic, and peppers, which raises the pH and lowers the acidity to a place where botulism can grow. The simplest thing to do is put the tomatoes in the jar and make the sauce later.
- Keep jars and labeling simple. Use a felt-tip pen and just write "Raspberries" on the lid, for example, instead of "Raspberry Jam." If it doesn't set up properly, you can call it—and use it as—a sauce. I call that rebranding! I'm not putting gingham on lids or tying ribbons or twine. People don't need that; they're just so happy to get the jars.

Mrs. Wheelbarrow's Pickled Green Onions

armagazine.com/mrs-wheelbarrows-pickled-green-onions

"This recipe is from my personal stash, one I make with young green onions thinned from my onion patch. I use the pickles as swizzle sticks in Bloody Marys. You can also serve them as a side with meatloaf or sausages, or chop them up and fold them into equal parts sour cream and mayonnaise for a killer tartar sauce." —MRSWHEELBARROW

- **1 teaspoon black peppercorns**
- **1 teaspoon celery seed**
- **1 teaspoon yellow mustard seed**
- **4 whole allspice berries**
- **4 (1-pint) canning jars with lids and rings**
- **2½ pounds green onions (scallions)**
- **3 cups white vinegar**
- **3 cups water**
- **1½ tablespoons kosher or canning and pickling salt**

1. Combine peppercorns, celery seed, mustard seed, and allspice in a small bowl. Divide mixture evenly among 4 pint jars.
2. Wash and trim onions to fit in jars, leaving ½ inch headspace. Pack onions vertically in jars, alternating tips up and tips down, making sure they fit very snugly.
3. Warm lids. In a saucepan, combine vinegar, water, and salt. Bring to a boil, then pour liquid over onions in jars, leaving ½ inch headspace.
4. Remove air bubbles, wipe rims, apply lids and rings, and process jars in a boiling water bath, as described on page 101, for 15 minutes. Cool completely. Check seals, label, and store in a cool, dark place up to 1 year. Wait at least 1 month before eating. Makes 4 pints.

From farm to jar to table

Cathy's first cookbook, *Mrs. Wheelbarrow's Practical Pantry: Recipes and Techniques for Year-Round Preserving* (W.W. Norton & Co., $35), hits bookstores this fall. It's chock-full of Cathy's advice for filling your pantry with homemade preserves—and using them up in delicious ways.

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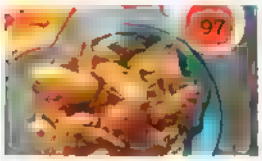

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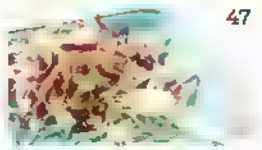

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Allrecipes (ISSN: 2328-0263) August/September 20..4, Volume 1 Number 6 Allrecipes is published bi-monthly in February/March Apri-/May June/July August/September October/November, and December/January by Meredith Corporation, 1716 ..ocust Street Des Moines, IA 50309-3023 Back issue copies available SUBSCRIPTION PRICES: U.S. and its possessions , yr $24.00, Canada, 1 yr $36.00 Periodicals postage paid at Des Moines, IA, and at additional mailing offices POSTMASTER Send all UAA to CFS (See DMM 707.4.12.5) NON-POSTAL AND MILITARY FACILITIES Send address changes to Allrecipes, PO BOX 37508, BOONE IA 50037-0508 Canada Mailed under Publications Mail Sales Product Agreement No 40065223, Canadian BN 12348 2887 RT Return undeliverable Canadian addresses to Allrecipes, PO Box 882, STN Main, Markham, Ontario L3P4Z9 © Copyright 2014 Meredith Corporation All rights reserved Printed in U.S.A.

The Best Bite

One of the cool things about being the world's largest food site is having tens of thousands of recipes that real people have actually *made*. So when we saw this bruschetta had more than 2,300 five-star ratings, we had to try it out. With tomatoes at their peak right now, it's the perfect time to take advantage of this quick, easy appetizer from Laurie Thompson. (We tried to reach you, Laurie—we really wanted to hear the backstory!) Loaded with a mix of fresh and sun-dried tomatoes, basil, and mozzarella cheese, this bruschetta needs to be on the table at your next get-together.

Double Tomato Bruschetta

allrecipes.com ★★★★★ 5-STAR RATING

armagazine.com/double-tomato-bruschetta

"A delicious and easy appetizer. The balsamic vinegar gives it a little bite. Dried basil can be substituted, but it is best with fresh." —LAURIE THOMPSON

- 6 Roma tomatoes (about 1½ pounds), chopped
- ½ cup sun-dried tomatoes packed in oil, drained and finely chopped
- 3 cloves garlic, minced
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar *[From our kitchen: The topping was a bit soggy, so we recommend reducing the vinegar to 1 tablespoon.]*
- ¼ cup fresh basil, finely chopped
- ¼ teaspoon salt *[From our kitchen: We increased the salt to ½ teaspoon.]*
- ¼ teaspoon black pepper
- 1 French baguette
- 2 cups shredded mozzarella cheese *[From our kitchen: We love cheese, but still found 1½ cups was plenty.]*

1. Preheat broiler.
2. In a large bowl, stir together fresh and sun-dried tomatoes, garlic, oil, vinegar, basil, salt, and pepper. Let mixture sit for 10 minutes.
3. Cut baguette into 24 (¾-inch-thick) slices. On a foil-lined baking sheet, arrange baguette slices in a single layer, then broil for 2 minutes per side, or until slightly brown. Let slices cool.
4. Divide tomato mixture evenly over baguette slices and top with cheese. Broil for 2 minutes, or until cheese is melted.

SUBMITTED BY Laurie Thompson
PREP 30 min
COOK 6 min
READY IN 36 min
SERVES 12 (makes 24 pieces)
RATING ★★★★★ 1,832 reviews

You can toast the bread and make the topping several hours ahead (to let the flavors develop), then assemble and broil just before serving. Leftover tomato topping also makes an amazing no-cook pasta sauce!

PER 2-BRUSCHETTA SERVING 215 CAL; 8.9g FAT (2.8g SAT); 9.6g PRO; 24.8g CARB; 1.6g FIBER; 426mg SODIUM; 12mg CHOL

Blipp now to tell us your favorite thing to make with tomatoes. (See page 2 for details on how to blipp.)

YOU SAID

Here are a few tips from someone who has made this recipe at least a dozen times: 1) It's fine to use dry sun-dried tomatoes if you can't find them packed in oil. 2) Fresh basil is part of what makes this absolutely delicious. 3) The recipe calls for shredded cheese, but I buy bulk mozzarella and slice it into ⅛-inch-thick pieces, sized to fit onto the bread slices. It creates a blanket effect over the tomato mixture and keeps it from falling off when you're eating it. —NICOLE

Follow this recipe to the letter, and you'll have perfect bruschetta every time. Fresh basil is a must, and you can add more garlic if you're brave. —KEFAUVKJ

I made this during the holidays. Everyone ate so much that they did not have room for the main course. —JOEH587

Let the tomato mixture marinate overnight—the longer the better. I also took someone's suggestion to put the cheese on the bread and bake it first, then everyone can put on their own amount of bruschetta topping. I suggest using fresh basil and buying the bread the day you are serving it. —NEWCOOK

This was a perfect mixture. Even my husband, who isn't a big tomato-eater, enjoyed it. I served the leftover tomato mix on chicken. Next time I will need to make more! —JENN

PHOTO: KATE SEARS; FOOD STYLING: PAUL GRIMES; PROP STYLING: KATE PARIGIAN

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Thai Pork Noodle Bowl SERVES 4

4 boneless ribeye (rib) pork chops (3/4- to 1-in. thick)

Marinade

1/4 c. soy sauce
1/4 c. chopped cilantro*
3 cloves garlic, crushed
3 tbsp. brown sugar
1 tbsp. vegetable oil
1 lime, juiced

Peanut Noodles & Sauce

10 oz. pasta (spaghetti, linguini or angel hair)
1 lime, juiced
2 cloves garlic, finely minced
1/2 c. creamy peanut butter
1 c. hot water
2 tbsp. soy sauce

In large baking dish, arrange ribeye pork chops evenly. Whisk marinade ingredients together in bowl. Set 1/4 c. marinade aside in refrigerator. Pour remaining marinade over pork chops and marinate 20-30 minutes.

Meanwhile, cook pasta according to package directions. Whisk together remaining peanut sauce ingredients in large bowl. Drain cooked pasta; toss with peanut sauce. Add more soy sauce if desired.

Heat an indoor grill pan or outdoor grill to medium-high. Remove pork chops from marinade and discard excess marinade. Place pork chops on hot grill and cook 4 minutes on each side, flipping once until internal temperature of pork measures between 145°F (medium rare) and 160°F (medium) on a meat thermometer.

Transfer grilled pork chops to a cutting board and let rest 3 minutes. Slice pork against grain. Pour reserved refrigerated marinade over sliced pork and serve over peanut noodles.

*May substitute 1 tbsp. dried cilantro.

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